

The relaxation script

This sheet is designed to provide children with techniques they can use to relax.

Choose a quiet room where you're unlikely to be disturbed.

Wear very light clothing.

Lie on your back on the floor or a firm surface.

Tense the muscles in your right foot and ankle.

Wriggle your toes. How does it feel?

Clench the muscles and release them several times.

Notice the difference in sensation between the clenched and unclenched muscles.

Commit it to memory.

Repeat the exercises with your left foot and ankle.

Tense the calf muscles, first one then the other.

Repeat several times, alternately clenching and unclenching.

Once again notice the differences in sensation between the tense and the relaxed knees.

Move next to the thigh muscles, and carry out the same exercise.

Notice how tension in the thighs affects the kneecaps and the knees.

Work upwards, taking in the muscles of the abdomen, of the chest, and of the back and shoulders, working on each group in turn.

Now work on the biceps, the forearms and the hands. Lastly move to the neck, jaw and the forehead, and the scalp.



For more activities

This activity is taken from **60 Motivational Minutes** by **Dr Tina Rae**. Please visit nurtureuk.org/publications/practical-tools to see the full range of publications designed to increase children's mindfulness and improve wellbeing.

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