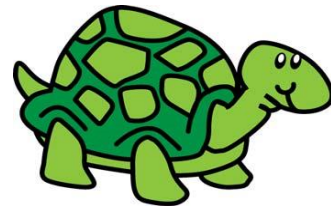




Jaw: Chew That Carrot

Now, pretend that you are trying to eat a giant, hard carrot. It is very hard to chew. Bite down on it. As hard as you can. We want to turn that carrot into mush! Keep biting. Hold for ten seconds. Good. Now relax. You've eaten the carrot. Let yourself go as loose as you can. Repeat!



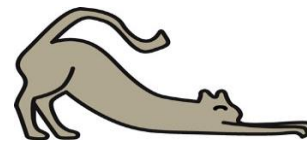
Shoulders and Neck: Hide in Your Shell

Now pretend you are a turtle. Try to pull your head into your shell. Try to pull your shoulders up to your ears and push your head down into your shoulders. Hold it tight! Hold for ten seconds. OK, you can come out now. Feel your shoulders relax. Repeat!



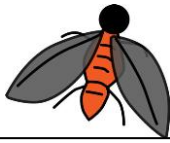
Hands and Arms: Squeeze a Lemon

Pretend you have a whole lemon in each hand. Now squeeze it hard. Try to squeeze all the juice out! Feel the tightness in your hand and arm as you squeeze. Squeeze hard! Don't leave a single drop. Hold for ten seconds. Now relax and let the lemon drop from your hand. See how much better your hand and arm feel when they are relaxed.



Arms and Shoulders: Stretch Like a Cat

Pretend you are a furry, lazy cat and you just woke up from a nap. Stretch your arms out in front of you. Now raise them way up high over your head. Feel the pull in your shoulders. Stretch higher and try to touch the ceiling. Hold for ten seconds. Great! Let them drop very quickly and feel how good it is to be relaxed. It feels good and warm and lazy.



Face and Nose: Get That Fly Off Your Nose

A pesky old fly has landed on your nose! Try to get him off without using your hands. Wrinkle up your nose.. Scrunch up your nose real hard and hold it just as tight as you can. Notice that when you scrunch up your nose, your cheeks and your mouth and your forehead and your eyes all help you and they get tight, too. Hold for ten seconds. Good. The fly has gone. Now you can just relax and let your whole face go smooth.



Legs and Feet: Squish Your Toes in the Mud

Now pretend that you are standing barefoot in a big, fat mud puddle. Squish your toes down deep into the mud. Try to get your feet down to the bottom of the mud puddle. You'll probably need your legs to help you push. Squish your toes down. Push your feet, hard! Hold for ten seconds. OK, come back out now. Relax your feet, relax your legs, and relax your toes. It feels so good to be relaxed. No tenseness anywhere. You will feel warm and tingly.



Stomach: make sure the elephant doesn't squish you.

A cute baby elephant is coming towards you but he is not watching where he is going and you are lying on the grass. You don't have time to move out of the way, you need to make your stomach very hard and tighten up your muscles. He looks like he is going the other way, let your stomach go soft and relaxed. Oops, he is coming back, squeeze your stomach really tight and hard so it won't hurt if he steps on you. He's moving away again now, you can relax your stomach as much as you can. Now he's gone and you can relax completely. You're safe and enjoy the feeling of being very relaxed.



Monkey Climbs:

Work with a partner and put your hands around your partner's wrist. Imagine your partner's arm is a tree and your hands are the monkey's. Gently squeeze their wrist, lower arm, upper arm and shoulders as you climb the tree. Climb down the other arm. Say to yourself, "I am relaxed, I am relaxed"

Adapted from the Relax-ED school tool kit.



Meerkat Paw

Pretend you are a meerkat and that your hand is a paw. Place your thumb over the palm. Gently and lightly circle your thumb over the palm. This will help your meerkat brain calm down. Repeat this with your other hand. How does this make you feel?

Adapted from the Relax-ED school tool kit.



Sleepy elephant

Imagine you are really sleepy elephant and are about to sleep for a hundred years. Take a deep breath and notice how your chest expands as you breathe in. As you breathe out, let out a long yawn. See how long and big you can make your yawn. How do you feel now? Do you feel sleepy? Repeat this exercise until you do it.

Adapted from the Relax-ED school tool kit.



Elephant Stretch

Imagine you are an elephant. Stand with your legs spread out wide and stretch your arms by your side. Take a deep breath and as you breathe out, bend your body forward from the waist. Clasp hold of your legs and imagine you are a heavy relaxed elephant. Stay very still and quiet as you enjoy stretching your whole body.

Adapted from the Relax-ED school tool kit.



Meerkat Stretch

Imagine you are a meerkat. Sit up straight. Look all the way over to your right. How far can your head go? What can you see? Now come back to the front and close your eyes. Keeping your head still, imagine you are a meerkat keeping watch, and can turn your head all the way round. Now, open your eyes and look at your right. What is the furthest thing you can see now? ...pause ..What do you notice? Has your head stretched further?

Grounding technique

Notice

5 things you can



4 things you can



3 things you can



2 things you can



1 Deep breath



Leaf Breathing



Slowly
trace the
leaf.

Breathe in while
tracing the right side,
and breathe out while
tracing the left side.



Imagine you have a flower in your hand. What colour is it? What does it smell of? What does this smell remind you of? Imagine in your other hand you are holding a candle. Now smell the flower and notice how your chest expands. Hold this for 5 seconds. Now blow out the candle and imagine you're blowing all your worries or extra energy from playtime away. Are you feeling relaxed and ready to learn?