

PMR 1

Relaxing Arms and Hands

Objective

Students will learn to relax their hands and arms by tensing and relaxing their muscles. Attention will be focused on their awareness of the contrasting feelings of tension and relaxation.

Script

Sit comfortably with your feet on the floor and your eyes closed. Take three long, deep breaths. (pause) Feel yourself relaxing more and more with each breath. Let the rhythm of the music calm you. Feel your muscles relax and your heart and breathing slow. Say to yourself, "I am calm and relaxed."

Listen to my voice and try your very best to do exactly as I say. As you listen to my voice let all other noises fade away. Listening, breathing slowly, feeling more and more relaxed.

Now pretend you have a warm lump of clay in your right hand. Squeeze it as hard as you can. Make your right hand into a tight fist. Squeeze it closed as hard as you can. Now hold it closed while I count to four; one, two, three, four. Now relax your right hand and let it go limp. Feel the difference. Feel how good it is to have a relaxed hand. Now squeeze it closed once more. Feel the warm clay ooze through your fingers as you tighten your right hand. Right fist clenched. Hold it tightly shut. Feel the tension. Good job! Now relax your right hand. Smooth out the tension and feel the relaxation. Right hand feeling heavy, relaxed and warm. You may even feel the air current surrounding your limp and relaxed right hand. Now keep your right hand relaxed while we concentrate on your left hand. (Repeat above script substituting left for right).

Good job! Now relax your whole body while you take a deep breath. Let the air out slowly, and say the words "calm" and "relax". Be aware of this feeling of relaxation. Imagine yourself relaxing your hands tonight while you lay in bed. Imagine tightening the muscles in your hands and then relaxing those muscles. Relaxing at night can help you fall asleep.

Now, bend your right arm at the elbow and tighten all the muscles in your right arm. Make a muscle in your right arm and squeeze it hard. Hold the tension now while I count to four; one, two, three, four. Good job! Relax your arm now and let it go limp. Limp and relaxed. Heavy, relaxed, hands warming. Feel the good feeling of relaxation. Relax your arm completely. Say the words, "calm" and "relax" to yourself. Now tense the muscles in your right arm by making another muscle. Bend your arm at the elbow and bring your fist to your right shoulder. Squeeze hard. Hold the tension. Good job! Now relax your whole body while you take a deep breath. Let the air out slowly. Say the words "calm" and "relax". Be aware of this feeling of relaxation. Imagine yourself relaxing your hands tonight while you lay in bed. Imagine tightening the muscles in your hands and then relaxing those muscles. Feel the tension, feel the tightness. Now relax your right arm, let your arm drop to your side. Let go of all the tension in your right arm and hand. As you relax your right arm and hand you may feel it get heavier and heavier. Hands warming. Relaxation is the opposite of tension. You can relax by taking a deep breath, saying the words, "calm" and "relax", and letting go of all the tension in your muscles. Now keep your right arm and hand relaxed while you relax your left arm and hand. (Repeat above script substituting left for right.) Take a few moments to appreciate the good feeling of relaxation. Now as you do so, slowly allow yourself to come back to the room. Open your eyes. Stretch your arms and mind.

I would like you to practice relaxing your hands and arms tonight when you go to bed. Tell a parent what you have learned today. Remember to squeeze a pretend lump of clay so hard that it oozes between your fingers.

Discussion

How did it feel when you tensed your muscles? What part was hard to do? Could you feel the difference between feeling tense and feeling relaxed?