

PMR 2

Relaxing Legs and Feet

Objective

Students will learn to relax their legs and feet by tensing and relaxing their muscles.

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."

Take another deep breath. Listen to my voice and try your very best to do exactly what I say. Pretend that there is a rope that runs from your toes on your right foot to your right knee. Pull on that rope so your toes point toward your knee. Pull hard so you feel tension in your right leg, ankle and foot. Now relax your right leg. (Repeat for left leg.)

Pull both ropes now so both sets of toes are pointing to your knees. Tense all the muscles in your legs and ankles. Feel the tension. Now relax your legs and feel the difference. Feel how good it is to relax your legs. Relax your ankles, feet and toes. Relaxation is the opposite of tension. Now push your feet down. Pretend you are stepping into sand and want to bury your feet. Push them down hard and feel the tension in your legs, ankles and feet.

Hold that tension while I count to four; one, two, three, four. Good, now relax your legs, relax your feet, relax your toes. Let all your muscles go limp and soft. Feel all the tension drain from your body.

Now slowly come back to your room. Open your eyes and stretch. (pause) Listen to your teacher. Practice relaxing your legs and feet tonight at home.

Discussion

Did you feel the difference between feeling tense and relaxed? What part of your body seemed to relax the fastest? When is a good time for you to practice relaxing?