

slowly return to your room. Open your eyes and stretch. Be sure to practice relaxing your face, shoulders and neck tonight when you lay down in bed.

Discussion

Which muscles were the most difficult to relax? What feelings do you get when you take a deep breath?

PMR 4

Relaxing Lower Body

Objective

Students will practice relaxing their lower body by tensing and releasing their muscles. Attention will be focused on their awareness on 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."

Take another deep breath. Think about your toes. Now scrunch them up in your shoes as tight as you can and keep them tight. Now straighten your legs and tense all the muscles in your upper and lower leg by trying to pull your toes toward your knees. Hold this tension while I count to four; one, two, three, four. Good, now relax your toes, feet, ankles and legs. Put your feet flat on the ground and feel your legs get heavier and heavier. Relaxation is the opposite of tension. Relax your toes, ankles and legs. Toes relaxed, ankles relaxed, legs feeling heavier and heavier.

Now take another deep breath and hold it. Feel the tension (pause). Now release it and breathe slowly and easily. With each breath becoming more and more relaxed. Think of being so relaxed that you feel yourself floating down through your chair. Floating yet heavy. Relaxed muscles, clear mind, slow breathing. Now tense the muscles in your hips and stomach. Make your stomach muscles hard. Hold this tense feeling while I count to

four; one, two, three, four. Release the tightness and relax the muscles in your hips and stomach. Stomach relaxed, hips relaxed, legs and feet relaxed, breathing slowing.

Now tense your stomach once more. Make the muscles hard and tense. Hold the tension. Stomach tense and hard...good. Now release the tension. Smooth muscles, relaxed stomach, relaxed hips. Legs and feet relaxed. Toes floating. Breathing slowing. Relaxation is the opposite of tension.

Take a moment to appreciate the good feelings of relaxation. Say to yourself, "I am calm and relaxed." Lower body relaxed and heavy. With each breath, more relaxation. Listen to the music and let any tension float down through your body and out your toes. Now as you do this slowly, allow yourself to come back to the room. Open your eyes and stretch (pause). I would like you to practice relaxing your lower body tonight when you are laying in bed. Remember to relax your toes, feet, legs, hips and stomach.

Discussion.

How did it feel when you became relaxed? When else could you practice these exercises? Why is it good to relax your body?

PMR 5

Relaxing Upper Body

Objectives

Students will practice relaxing their upper body parts 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."

Take another deep breath. As you breathe out feel all the tension drain from your lower body. Relax your toes, feet and ankles.