

PMR 3

Relaxing Shoulders, Neck and Face

Objective

Students will learn to relax their shoulders, neck and face 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. As you let the air out relax your whole body. Tense your shoulders and neck by pulling your shoulders up to your ears. Hold your shoulders in that position. Feel the tension in your back, shoulders and neck. Hold that tension as I count to four; one, two, three, four. Now let your shoulders drop. Feel the relaxation as you rest your shoulders. Neck relaxed. Shoulders relaxed. Now raise your shoulders up once more. Pull them up right to your ears. Feel the tension in your neck, shoulders, and back. Now drop your shoulders. Relax your neck, shoulders and back. Now, pull your shoulders up one more time. Feel the tension. Hold it while I count to four; one, two, three, four. Relax your shoulders. Feel your upper back, shoulders and neck relaxing. Now close your eyes as tight as you can. Squeeze them shut. Feel your face muscles tighten even more by biting down hard. Hold the tension . . . squeeze hard. Now relax your face. Keep your eyes closed but not squeezed shut. Relax your jaw. Feel the difference. Take a deep breath and relax your whole body.

Once again squeeze your eyes closed. Pretend there are lead weights attached to the end of your eyelids pulling them down even farther. Bite down as hard as you can. Feel the tension on your face. Now relax your face. Feel the tension fade away. Now wrinkle your forehead muscles. Scrunch them up and hold the tension while I count to four; one, two, three, four. Now smooth out your forehead muscles. Smooth and relax. Let go of any tension in your face.

As your face relaxes feel the relaxation spread throughout your body. Take a deep breath and as you let it out allow yourself to

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