

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.

Release all the tension from your legs. Feet relaxed, legs relaxed. With each breath deeper and deeper relaxation. You may begin to notice your legs getting heavier and heavier. With each breath, heart rate slows and relaxation spreads.

Now tense your stomach muscles, make them tight and hard. Hold that tension while I count to four; one, two, three, four. Good, now relax your stomach, smooth out the muscles. Feel your stomach relaxing more and more.

Now make a fist with your right hand. Pretend you are Superman, squeezing a piece of coal so hard it turns into a diamond. Feel the tension in your right fist and arm as you continue to squeeze. Now relax your hand, release the tension. Let your hand and arm relax. Now squeeze your left fist together, tense all the muscles in your arm, shoulder and fist. Squeezing and tensing all the muscles of your left hand and arm. Hold the tension. Now release the tension and feel the muscles relax. Relaxing both arms, both hands. Fingers relaxed. Arms beginning to feel heavier and heavier. You may even notice a tingling feeling in your fingers as your hands warm. Arms relaxed and heavy. Lower body and stomach relaxed. Chest relaxed. Now as you relax your arms, pull your shoulders up toward your ears and hold them while I count to four... shoulders up, tension in your back and neck...one, two, three, four. Drop your shoulders. Relax your neck. Arms and hands relaxed. Breathing slow and easy.

As you exhale the tension flows out of your body. Body relaxed, arms feeling heavy and relaxed, hands warming. Legs and feet relaxed.

Now tense the muscles in your scalp and forehead by raising your eyebrows as high as you can. Feel the tension in your forehead. Hold it. Now relax your forehead and scalp. Smooth out all the muscles in your face. Eyes relaxed and closed; face relaxed; jaw relaxed.

Now take a deep breath and as you breath out feel your body become even more relaxed and let yourself slowly come back to the room. Open your eyes and stretch (pause).

Be sure to practice relaxing your upper body at home tonight. A good time to do this is when you are laying in bed getting ready to fall asleep.

Discussion

Is it getting easier to relax? Which muscles relaxed the best? When is another time you could practice these exercises?