

PMR 6

Relaxing the Whole Body

Objective

Students will learn to relax their whole body by using the phrase "calm and relax", deep breathing and muscle 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 and as you let it out release all the tension from your whole body. Relax your forehead and facial muscles. Feel the muscles in your neck and shoulders and tell them to relax. As you continue to relax notice your breathing slowing down. Feel the muscles in your hands and arms and tell them to relax. Let go of all the tension in your face, neck, shoulders, arms and hands. Say to yourself, calm and relax and feel your whole body become even more relaxed. Chest and stomach muscles relaxed. Tell your legs and feet to relax. As you continue to relax say the words, "calm" and "relax" to yourself over and over. Calm and relax. You can use these words anytime you feel nervous and tense and your body will respond by becoming relaxed.

Now feel yourself drifting further and further into deep relaxation. You may notice a heavy feeling in your arms and legs. Each breath helps you relax even more. Enjoy the feeling of relaxation. Practice relaxing when you feel tense or nervous.

Now take a deep breath and as you let it out allow yourself to slowly come back to your room. Open your eyes and stretch (pause). Practice relaxing your whole body tonight at home. Tell a parent or a friend what you have learned and show them how to relax.

Discussion

How did that feel? Was it hard or easy to relax your whole body? Would it help you to relax yourself before a test?