

Rolling Waves

Objective

Children will achieve a feeling of relaxation by progressively relaxing body parts.

Script

I am able to relax myself.

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 a slow even breath. You are sitting on a sandy beach on a warm lazy summer day. Curl your toes and feel the moist sand ooze out. As you listen to the sound of the waves washing the shoreline you become more and more relaxed. Concentrate on the rhythm of the music, which like the waves, calms you. (pause)

Feel a wave come up and tickle your toes. As you watch the waves come in you notice that each one is different. Watch as a wave deposits a bit of seaweed on the shore. Watch as a wave covers a small shiny stone with sand. Watch as the next wave uncovers a beautiful pink and brown shell. Pick it up and put it to your ear. Listen carefully to the shell's echo of the waves. It whispers relax. . .relax. . .relax. . . Watch as a footprint slowly fills with water. Before long it disappears completely.

Make a hand print in the cool damp sand next to you. It too becomes flat again. Look at the waves themselves as they gently roll in. Each one reaches the shore with a different height and force. Watch as a small wave laps the shore. What sound does it make? Watch as a medium wave creeps up higher. What sound does it make? Watch as a large wave topped with white bubbles runs up the beach turning dry white sand a brown color. What sound does it make?

Listen to the music of the waves. (pause) Move down closer to the water. A small wave creeps in and washes away remaining tensions you may have in your feet. Now a medium wave comes up to relax your legs and seat. A large wave arises to soothe your chest and arms. You feel totally cleansed and refreshed. Concentrate on how good it feels to have the tension in your body replaced with calm peaceful feelings. Take a slow, even breath. Repeat to yourself three times, "I am able to relax myself". . . (pause) Remember if you feel tense, breathe deeply and see and hear the rhythm of the waves. They are always there to help you relax.

Take a deep breath and return to your room. Open your eyes and stretch. (pause) Take a few moments to appreciate the good feelings that come with relaxation.