

Solar Energy

Objectives

Children will experience total body relaxation by imagining a light replacing feelings of tension. A message suggesting creative energy is provided.

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."

*I am filled with
creative energy.*

Feel a warm ray of sunlight on the top of your head. The light slowly spreads through your head, down through your eyebrows and eyelids. As the light spreads, your muscles relax. The light is now flowing down to your nose and jaw. Your tongue and chin feel relaxed. The light moves downward, relaxing the muscles of your neck and then your shoulders. It spreads outward, through your shoulders, down your arms, to your fingertips. The light spreads down through your upper body, down into your stomach.

Feel the light move slowly into your hips. Relax the hip muscles. The light moves down through each leg, down the thigh, knee, ankle, toes. You are totally relaxed. You are calm. All the tension has been replaced by light. Any remaining tension now flows out the tips of your fingers and your toes.

Concentrate on the warm, glowing feeling you have throughout your body. You could light up a room. Take a deep breath, and say to yourself three times, "I am filled with creative energy"... (pause)

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

Discussion

Do relaxation and creativity go together? When do you have your most creative thoughts? Where do you have them?

Activities

- Find a sunny window to sit at and read. Choose a story that is enjoyable to read. Remember the warm, sunny feelings you have.