

Wash Away Tension

Objectives

The child will experience full-body relaxation through the imagery of waves washing over his/her body parts.

I feel peaceful.

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."

Imagine that you are sitting on the beach on a warm day. The sand is warm beneath you. Hear the sea birds above. The sound of the waves makes you calm and relaxed. The sun warms you from your toes to your head. Take a deep breath, and feel a wave come and wash over your feet. Breathe in as a wave approaches. Feel more relaxed as it washes over your knees. Breathe in and feel the water surround your upper legs and hips. Your lower body is relaxed. Breathe in, and feel the next wave smooth and relax your stomach. Breathe in, catch a wave and rub it on your chest, shoulders and arms. Feel them relax. Breathe in, and splash some water on your neck and face, releasing all tension.

Now breathe in and enjoy the warm feeling of your body completely relaxed. You feel relaxed as you experience the sand and the waves. Please repeat to yourself three times

"I feel peaceful". . . (pause) Remember your visit to the beach and your peaceful feeling.

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.

Discussion

Why is it relaxing to be at the seashore, the beach, a pool or in the water? Where are your favorite places to relax?

Activities

- Make a tape of the different water sounds in your home/school. Play the tape for others to try to figure out the sources of the sound.
- Listen to a commercially prepared tape of the ocean. Imagine you are there.
- Act out surfing on the waves, swimming in the oceans, etc.