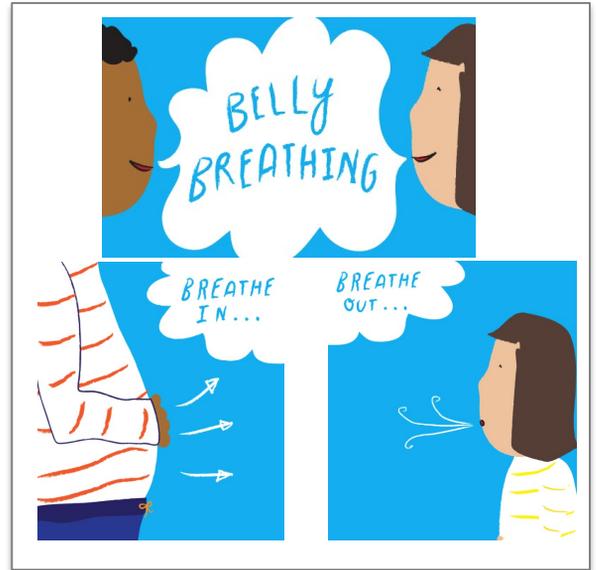


Mindful Relaxation Class 4: **Learning how to relax** - (Deep Relaxation)

Class Materials:

- ✧ Soft background music
- ✧ Yoga mats and blankets
 - ✧ Wooden Rings
- ✧ Ribbons of all colours



Class Objective:

1. Learn how to relax deeply (DIY)

Mindful activity:

1. Stretching
2. Moving
3. Relaxation
4. Guided imagery
5. Play

Starter activity 1: 10 mins

Mindful activity:

Reflections and affirmations



CIRCLE TIME WELCOMES



1. Ask the class to sit in a circle and welcome everyone.
2. Talk about how the children used emotional management over the last week and how that improved everyone's week.
3. Put any new affirmations on your affirmation tree together.

Main activity 2: 10 mins

Mindful activity: Being creative



RAINBOW RINGS

1. Tie various coloured ribbons into a wooden ring. Allow children to make one or two each.

Main activity 3. 10 mins

Mindful activity:

Stretch & Movement Game with Story -



THE STORY OF RAINBOW MAGIC

1. Now that the children have finished the rainbow rings, we will use them in this movement game along with the story.
2. Tell this story and make your rainbow rings move with the story.
This simple story tells us how just by sharing a smile, we can create our own inner happiness and magic anywhere.
3. Ask the children to start out crouched down, covering their rainbow rings so no one can see them.
"Once upon a time, rainbows didn't exist. There was no magic in the land. It was a sad place to be.
4. BUT, one little person decided she could change the world, by believing that good was really everywhere!
5. (Teacher starts to get up and move the rings in a big circle fashion).
6. She decided to share joy with everyone she met.
7. (Go over to one child and wave rainbow rings above child's head and smile)

8. By simply sharing a smile and happy thoughts, things began to change (whisper to the child to get up and wave their rainbow ribbons over another child).
9. Now this child felt the joy and happiness and went to another children and shared the same, simple joy! (encourage next child to get up and continue to another child.....this continues on as each child and teacher glides, moves and flows with rainbow rings - big circles, small circles, dance with the rings)...
10. Finally, the magic and happiness of the rainbow was everywhere, all across the land. The people of the land knew that by simply sharing kindness, goodness and happy thoughts, they could make their land alive with happiness and joy! They could make a big difference even if they were only one."

Main activity 4: 5 mins

Mindful activity:

Relaxation and breathing



THE BALLOON BREATH

*The Balloon Breath is really a basic deep breathing technique taught in a way that makes it simple and easy to understand.

1. Ask the children to relax their bodies and take in slow deep breath, filling up your tummy as if it were a big balloon.
2. Keep your chest still, as you allow the air to go right down to your stomach and fill it up like a big balloon.
3. Give your balloon a color, feel and watch as your tummy gets really big!
4. Blow it up big and slowly... filling it all up. And now, exhale slowly and calmly. Feel your entire body relax as you exhale.....

*This is the basic balloon breath. Breathe in to a count of 4 or 5 to begin with. Work up so your big balloon breaths become larger and larger. This will develop and train your body for correct breathing.

*Newborn babies breathe like this. If you watch them while they sleep, you will see that it is their bellies that go up and down, not their chests. They are breathing correctly and this is very calming and natural to the body. It decreases stress in the body and helps release endorphins so you feel good!

*Try this several times a day. Ask children to practice the balloon breath with you and get into the habit of using it before and after school and during other activities. It's fun to do and very relaxing for children when they need a moment of calm.

Main activity 5: 15 mins

Mindful activity:

Visualisation



KIDS RELAXATION SPA

1. Set up various stations in the room where children can experience different types of relaxation.
2. Create (station 1) **An aromatherapy station**
3. (Station 2): **A relaxation CD station with earphones**
4. (Station 3) **Eye meditation pillow**
5. (Station 4) **A hand massage station**
6. (Station 5) **A soft music station**
7. (Station 6) **A pretend shampoo station** (where one child pretend to shampoo the head of another child using the fingertips in a relaxing massage)
8. (Station 7) **A Yoga Station** with yoga mat and yoga cards etc.

*Have each child choose a station and experience that relaxation. Rotate after 3-5 minutes depending on how much time you have.

Plenary activity 6: 10 mins

Mindful activity:

Relaxation & Guided Imagery



ABC MEDITATION (DIY MEDITATION)

1. Begin the script to teach ABC Meditation. Put on soft background music for the session.
2. When you're ready, sit back, get comfortable and close your eyes. We are going to use the ABC meditation Technique to relax. You can practice this every day by yourself. It only takes a few minutes but gives you great benefits of getting rid of worry, achieving amazing things and feeling great about yourself.. and you deserve all of that. Before we begin, let me explain what each letter stands for in the ABC meditation technique. It's only three easy steps to remember:
The A stands for assignment. You give your mind an assignment – that means pick a theme for your meditation and state it clearly in your mind. You're assigning your mind a GOAL. Your assignment could be Peace, Comfort, Relaxation, Focus or you can choose to meditate on a particular goal you have. Today let's choose RELAXATION as our goal. (PAUSE).
Next B for Breathe. Begin to slow your breathing and pay careful attention to the comforting sound of your breath flowing in and out of your body. Listen as your lungs fill up and then as you exhale slowly... really listen to that amazing sound of the body.
C stands for Count... Counting down takes you to deeper relaxation. It brings you to your quiet inner space, where you can go whenever you need to relax, feel calm and where you know you are safe to create your life's dreams.
So let's count down from 5 to 1 in our minds.... as we count, notice your body relax more and more, your mind relaxes more and more....
5... deeper and deeper into the stillness;
4.... calm and free....
3.... going deeper and deeper into the quiet calm of your inner space 2.....
1..... here you are now.. in the quiet stillness of this relaxation.

You have the secret to ABC meditation. You'll always remember now how easy it is to meditate and bring yourself calm and peacefulness.

From now on, at any time you desire to meditate, no matter where you are – you will find the ABC skill quickly coming to mind – Assignment, Breathe and Count and you are here!

Now just enjoy the moment here, relaxation on waves of peace. (Silence)

Now when you are ready, open your eyes and big your body a nice big stretch! You've done a fantastic job today.

3. Affirmations for the week – I am calm. I am relaxed. I am capable.

4. Home learning: Ask children to see how many times this week they can use the new tools they have learned today and be ready to share them next week.