

HANDBOOK FOR TEACHERS

ART FOR WELLBEING IN THE CLASSROOM

DEEP BREATHING AND STRETCHING

Good for	Starting a focused group Whole class / group of 10-15 people
Length	2 -3 mins
Resources	Large Room / Outdoors / Classroom
Actions	<ul style="list-style-type: none">• Stand in a circle, wait until everyone is focused and quiet• Invite the group to shut their eyes and focus on their breathing:• Explain: <i>This is an exercise for relaxation</i>• <i>Take a deep breath in, hold your breath... 1,2,3,4, and breathe out slowly... 1,2,3,4,5</i>• <i>As you breathe out release any tension or worries.</i>• <i>Repeat this three times</i>• <i>You can mention that deep breathing helps us relax and is good for us</i>• <i>Take another breath in, and raise your arms to the sides</i>• <i>Breathe out and raise your arms high towards the sky</i>• <i>Stretch one arm and then the other, hold 1,2,3</i>• <i>If you feel like it, you can stand on tip toes and stretch higher still</i>• <i>Release your arms slowly to your sides</i>• <i>Shake out your body starting from your feet and working upwards</i>• <i>Separate and move each part as you go - first feet, ankles, knees, thighs, bum, tummy, chest, shoulders, arms, hands, then neck.</i>• <i>Open your eyes and come back to the room. What can you hear? Feel the floor solid beneath your feet. Relax</i>• <i>Now you are ready for the next activity.</i>
Tips	This works better with smaller groups
Variations	Meditations and visualizations can be read to a group. Make sure the group is lying down comfortably. Foam mats are helpful.
www.innerhealthstudio.com/kids-relaxation-downloads.html www.innerhealthstudio.com/visualization-scripts.html	

