

HANDBOOK FOR TEACHERS

ART FOR WELLBEING IN THE CLASSROOM

RELEASING TENSION WITH OBJECTS

Good for	Releasing tension with stretch bands - fun activity Calm, focus, grounding Trust Movement
Length	10 mins
Resources	Stretch /Exercise bands
Actions	<ul style="list-style-type: none">• Demonstrate how stretching a band works.• Wrap the stretch band around your hand once and hold tightly.• Explain there are different colours/ lengths for different tension strengths.• Children can explore expanding the tension bands across their chest, ground to floor by putting 1 foot on one end and stretch upwards with your hand.• Explore different shapes and movements.• Find a partner and use one stretch band between you.
Tips	Explain how to work with the bands - When working in partners wrap it once around your hand and hold onto it tightly. Do not let go. Explain the use of tension and how to relax tension.
Variation	Children can invent their own movement shapes

