

nurturing potential



Relaxation & Time Out



This can be completed at the end of each session adapting other content to ensure this is possible.

Explain the importance of taking time out, what do pupils currently do? Physical exercise? Reading? Music?, Computer games?



Relaxation (Breathing Exercise)

Ask pupils to sit upright in their chair, feet flat on the floor, hands on tummy.

The idea is to demonstrate how to breathe 'properly', into the tummy. The hands placed here exaggerate what they should feel to be more relaxed, and what pupils can do to relieve stress, even without the seating position taken in this exercise.

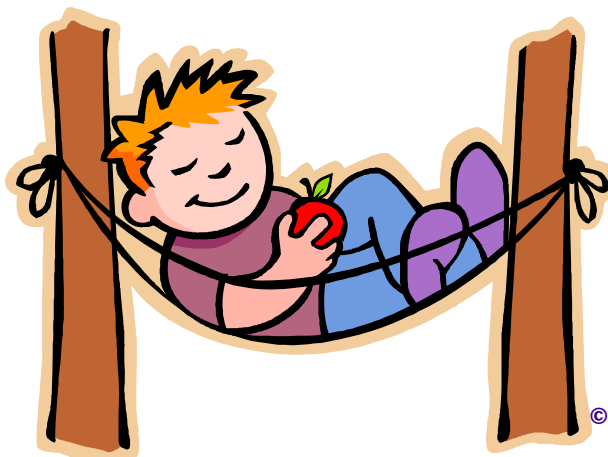
Ask them to slowly and gently breathe in through the nose, hold for a second, and breathe out through the mouth. Repeat asking pupils to close their eyes, and repeat for a couple of minutes.

When finished, asked how they feel – some will feel more relaxed, others will get the giggles (that's OK, laughter is relaxing too!), and some won't play (that's also OK).

Relaxing music and commentary related to the session's subject can be introduced when it is felt appropriate.

NOTES:

Encourage participants to try the breathing technique (without the seating and hands on tummy) when they are in situations where they may feel nervous or unsure.



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Relaxation & Time Out



This can be completed whenever you need it!

It is important to take time out, whether it's physical exercise, reading or music. Despite what you might think, T.V. and computers are not actually aids to relaxation.



Relaxation (Breathing Exercise)

Sit upright with feet flat on the floor, hands on tummy.

The idea is to demonstrate how to breathe 'properly', into the stomach. The hands placed here exaggerate what you should feel to be more relaxed, and what you can do to relieve stress, even without the seating position taken in this exercise.

Slowly and gently breathe in through the nose, hold for a second, and breathe out through the mouth. Repeat and close your eyes, continue to repeat for a couple of minutes.

How do you feel – some will feel more relaxed, sometimes you will get the giggles (that's OK, laughter is relaxing too!), and sometimes it won't be for you (that's also OK).

Relaxing music can be used to help you relax when it is felt appropriate.

Personal Challenge

Try the breathing technique (without the seating and hands on tummy) when you are in situations where you may feel nervous, unsure, angry or when you have other such feelings.

