

Full Body Calm: A Relaxation Exercise



Get ready - Sit, or stand, or lie down comfortably. You are safe. Close your eyes if you wish. This will take between 5 to 10 minutes.

1 **Curl up your toes tightly**

Hold & count for 10 seconds... then relax your toes.
Notice how your toes feel after you have relaxed them.

2 **Robot legs**

Stretch your legs and make them stiff.
Point your feet, count to 10 seconds then let them relax and go soft like jelly.

3 **Strong arms**

Point your fingers down and make your arms stiff like a robot.
Count for 10 seconds and then slowly relax your arms.

4 **Turtle shoulders**

Squeeze your arms and try to touch your shoulders with your fists.
At the same time, try to touch your ears with your shoulders.
Count to 10 seconds and then... slowly relax and let your arms drop to your side. Notice how different your arms feel.

5 **Silly face**

Squeeze your eyebrows together to meet in the centre of your forehead.
Squeeze your eyes tightly shut.
Bite down your teeth so your jaw is tense.
Count for 10 seconds... then very slowly relax your face.
Notice how your face feels when you have relaxed.



6

Hold your tongue

Curl up the tip of your tongue and press it as hard as you can up toward the roof of your mouth - and press as hard as you can.

Count for 10 seconds... then relax your tongue.

Notice how heavy your tongue feels as it rests and relaxes.

7

Belly Breathing

Place one hand on your belly and one hand on your chest near your heart. You can close your eyes if you wish.

Can you feel your heart beating?

Breathe in slowly counting silently up to 5 seconds and notice your belly rises like a small balloon blowing up as you breathe in slowly.

Breathe out very slowly counting for 5 seconds.

Keep breathing slowly like this for at least 3 minutes.

8

Your inner smile

Repeat this for at least three minutes and while you are breathing slowly, imagine something that makes you smile - this could be thinking about your pet dog or kitten.

Or, this could a favourite place such as a holiday, or a happy memory

You can choose to think of anything - that makes you smile!

Finish by gently rubbing your thumb and finger around the edges of your ears.



You may stop anytime. Skipping is okay.

You can practice this 'Body Calm' every day, at home or school.

You can practice Belly-Breath anywhere, on the journey to school or at the start of lessons. You can practice your calming belly breath or anytime you feel anxious upset.

Produced by Dr Tony Lloyd for Witherslack Group Schools and parent's webinars.

