

Relaxation Exercise

Speak in a smooth, relaxing voice. Pause for 3 to 5 seconds after statements ending with "...". To enhance this exercise, play a selection from Mozart or Vivaldi. For students who may have a hard time staying on task during the relaxation, tell them to do as much as possible; then quietly stand in the back of the room when they need to move. Seat these students on the end of a row so that they will not bother others if they need to move.

"Get into a comfortable position . . ."

"Close your eyes, if this makes you uncomfortable open them and close for short periods of time until you are comfortable . . ."

"Breathe slowly. Take a breath, counting softly to five as you inhale . . ."

"Breathe out slowly, counting softly to five as you exhale. Continue to breathe slowly . . ."

"Concentrate on your breathing. Think about each breath as you slowly inhale . . ."

"Now exhale until all of the air is out of your lungs. Breathe again deeply. Relax as you exhale."

"As you continue breathing slowly, in and out, listen to the directions . . ."

"Make a tight fist with both hands and hold . . ."

"After two complete breaths, slowly relax your hands . . ."

"Continue breathing slowly and think about how relaxed and heavy your hands feel . . ."

"Clear your mind of everything but breathing . . ."

"Keeping your hands relaxed, raise your shoulders to your ears and keep them in this position with your shoulders tight for 5 seconds . . ."

"Breathe slowly as you release your shoulders and let them drop to the most relaxed and limp position possible . . ."

"Think about how relaxed your hands and shoulders are . . ."

"Keeping your hands and shoulders in a relaxed position, continue breathing slowly . . ."

"Turn your head slowly to the right and hold . . ."

"Slowly turn your head to the left and hold . . ."

"Slowly roll your head to the center and let it relax . . ."

"Now, slowly open your eyes and lift your head . . ."

"Think about how relaxed you are right now . . ."

"Keep this feeling as we go into the next activity."