

## Guided Imagery and Relaxation Activity for Ages 6-12

# Relaxation

### Directions:

-  Sit quietly and get comfortable your chair. Close your eyes and listen to the rhythm of your breathing. Now, let's release all the muscles in our bodies and let them relax... Relax your feet... your legs, the palms of your hands, your shoulders and neck... your face. Breathe very slowly...
-  Let's move very slowly, try and feel each and every muscle and bone in your body. Start with your hands... Visualize your right hand from the tip of your pinky through all your fingers; all the way up to your elbow... from they're to your right shoulder. Everywhere you go - continue to breathe deeply, and visualize your body parts letting go... relaxing... becoming softer... warmer... heavier... Move around to your left shoulder and down to your left arm. From they're to your wrist, your hand... and fingers. Move back up to your shoulders, and slowly go up your neck... Continue relaxing into each part of your body... move up to your head. Move around your head to your scalp... to your forehead... your eyebrows and eyes... ear... lips and mouth... to your chin and back again to your neck and shoulders. Go back through the cavity of your chest... notice your heartbeat... Move to your solar plexus, to your stomach... notice what you feel there.
-  Notice how your whole body is relaxing... feeling warm... good... Now move down your right leg... to the knee... ankle... and heel, ball of your foot, toes. Now move to your left leg. Down to the knee, ankle, heel, ball of your foot, to the end of your toes... Now your whole body is feeling relaxed and calm. Stay with that feeling for a moment or two and enjoy it. Remember that you can come back here whenever you wish... Now, move

*out slowly and quietly... begin to let your eyes flutter... move your fingers and toes and slowly, very slowly, come back here, to the classroom, to your chair.*