

Lesson:
Relaxing my Body Meditation

Length of lesson:
15 Minutes

Materials:

- Relaxing sounds on a CD or video
- Paper and Pens

Discussion Summary:

“Health is bringing balance to our body, mind, spirit and emotions...The concept that anything in our lives can become stressful and that stress management involves learning how to manage our response to situations in our lives so that the demands placed on us don’t stress us out to the point of breaking.”

Relaxation of the body is important to maintaining wellness. When your body is tense or tired, problems appear to be magnified and decisions can be made without proper thought. Relaxation enhances clear thinking. Brainstorm with the girls stressful situations that may make relaxation breaks useful. Come up with multiple quick ways to relax.

Discussion Questions:

- **What are some methods that you use to relax?**
- **What is the importance of having a clear mind?**

1. Start by explaining how crucial a clear mind is to decision making, problem solving, and learning throughout the school day. Although we get busy or there are times when our minds are all over, it’s important that we take time out of our day to relax and refocus. This time can be as quick as 2 minutes and can be practiced in various methods. Today we will be listening to calming music to reflect and clear our minds.

2. Prompt the girls to find a comfortable space in the room to sit with their eye closed. Provide water or calming scents to relax the girls.

3. Play the relaxing recording and read the prompt silently:

Sit back and make yourself comfortable. Allow your eyelids to close. Become conscious of your body’s growing relaxation. Imagine yourself as a leaf floating peacefully to Earth. Feel the muscles relaxing in your scalp...your face...your neck...shoulders...arms...and hands. Continue floating to Earth. Breathe easily, with each breath becoming relaxed and free of tension. Relax your chest...stomach...abdomen. Be calm and comfortable. Let go of all your problems. Continue floating to the ground. Relax your legs and feet. Drift comfortably...deeper...deeper...until you rest gently on the ground. Enjoy the calmness...enjoy the quiet... enjoy the peace.
Allow the song to finish playing.

4. When the girls arise from reflection, ask them to jot down some things that they thought about, how they felt, empowering words, or other relaxation methods that might be helpful to them.

5. Conclude by hole-punching or allowing the girls to glue each response somewhere that it could be displayed in places where they might need to be reminded to take a relaxation break. For example, in a binder or inside their desk or locker.