

Curriculum Links:

SPHE - Strand: Myself **Strand Unit:** Taking Care of My Body

Concept/Learning Outcomes:

Pupils will learn the importance of rest and relaxation for the body and mind.

Pupils will discuss different techniques to help manage feelings if upset or overwhelmed.

Pupils will identify different things they like to do to help them relax.

Pupils will practice different breathing exercises.

Teaching Notes:

Discuss the different techniques from the 'Ways to Relax' list with pupils as ways to help manage feelings when upset or overwhelmed. Print this list and hang it somewhere visible so pupils can refer to whenever they need to.

How I Relax

Using the list of techniques on the activity sheet discuss how each technique can help us to feel more focused and able to manage. Brainstorm positive words associated how we feel when we are more relaxed and rested. On the worksheet pupils can list activities that they like to do that make them feel relaxed. This can be anything, reading, playing, sports, painting, spending time with family etc. Pupils should keep this list and techniques and refer to it when their mind or body is feeling overwhelmed.

Focused, Resilient, Calm, Peaceful, Positive, Happy, Able, Cope

WAYS TO RELAX

HERE'S WHAT YOU CAN DO:

1

Stand up and stretch.

2

Take a break.

3

Take a couple of deep breaths.

4

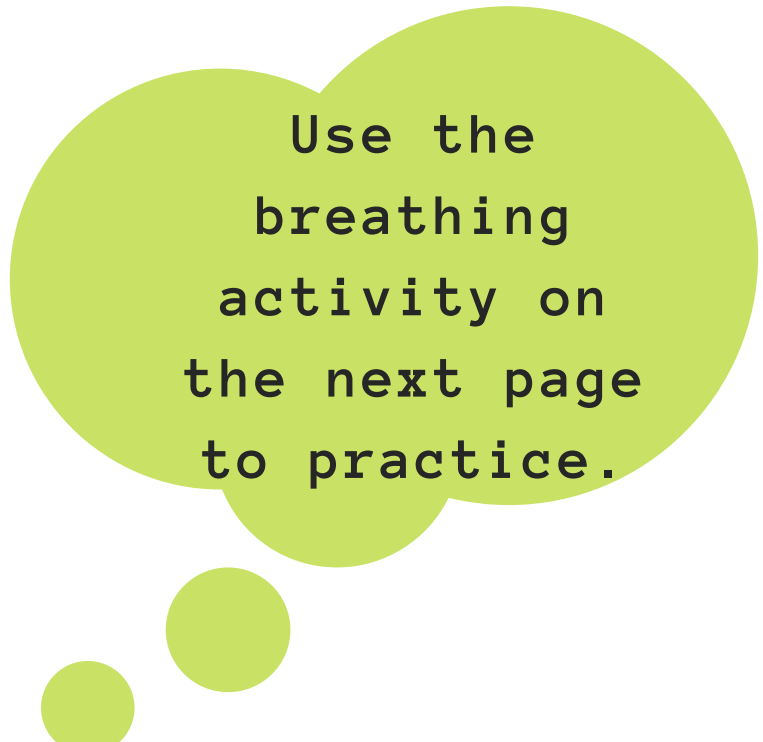
Talk to my someone about how you feel.

5

Am I feeling rested? Did I get enough sleep?

6

What is on my relaxation list?



Use the
breathing
activity on
the next page
to practice.

My Relaxation List
Things I like to do to Relax

Breathing

Pupils can practice these different breathing exercise while sitting or standing.

Snake Breath; Take a deep inhale in through the nose and breathe out through the mouth with a hissssssss.



Colour Breath; Close your eyes, take a deep inhale in through the nose while imagining a colour that makes you happy and smile. On your exhale out through the mouth, imagine a colour that represents stress and see it leaving your body.

Flower Breath; Take a deep inhale through your nose and imagine smelling a beautiful, colourful flower. Exhale slowly through your mouth.

Bunny Hop Breath; Take three short inhales into you nose and one long exhale out through your mouth.

Dragon Breath; Take a deep breath in through your nose and as you exhale out, wide mouth open wide, make a 'Haaaah' sound like a fire breathing dragon.

Soft Belly Breathing; Take a deep inhale in through the nose and as you do whisper the word 'soft', on the exhale whisper 'belly'.

Bumblebee Breath; Take a deep breath in through the nose and as you exhale slowly make a humming or buzzing sound like a bee.