

Learning Activity 3

Muscle Relaxation

Time (minutes)
10

Organization
Students in general space.

Cues:

- Muscle Relaxation
 - Start at the head and work down to the feet
 - Squeeze one set of muscles at a time
 - Squeeze the muscle tight
 - Hold
 - Relax the muscle

Activity Progression:

Have students find their own personal space in the gym. If you have yoga mats for each student or mats that students can lay on that would be ideal. Or have students bring a towel from home.

Remind students about the first lesson and how they have been practicing a Mindful Minute and Better Breathing as a way to help them when they are feeling mad, sad, scared, or overwhelmed. Explain to students they are going to learn one last technique to help them when they are mad, sad, scared, or overwhelmed – called muscle relaxation. Muscle relaxation is the tightening and relaxing of muscles. Have students lay down in their personal space. Guide them through muscle relaxation from head to feet.

Example script:

“Today we are going to practice one more technique or thing we can do to help us when we are feeling mad, sad, scared, or overwhelmed. Can someone tell me what were the other things we could do to help us when we are feeling that way? [Allow for student to respond] Right, we can take a Mindful Minute or use Better Breathing. Today we are going to practice muscle relaxation. Sometimes after we play really hard our muscles can feel sore, but sometimes our muscles can just feel sore because we are worried, sad, or overwhelmed. Muscle relaxation is a way to help make our muscles feel better by tightening them and relaxing them. We are going to take some time to practice that today.”

Use the video (link below) to help guide students through the muscle relaxation. You can just use the audio or use the video in its entirety (it’s seven minutes long). You can also opt not to play the video at all, but just use it as a reference to learn how to guide your students through muscle relaxation.

<https://www.youtube.com/watch?v=cDKyRpW-Yuc> (credit: GoZen!)

Extension opportunity: Send the link home to parents to show that students can practice at home with their family.

After the muscle relaxation exercise, debrief with students about how it made them feel.

Example Script:

“How do you feel after the muscle relaxation exercise? Do you think this is something you could do on your own? [Allow for students to respond.]”

Modifications/Differentiation:

- Students using wheelchairs can be safely transferred to the floor or can perform this task in their chair.
- Allow students the option to sit or lay quietly, walk around the room quietly or use a fidget quietly.