

Muscle Relaxation

for **older** children

An exercise that teaches children how to relax by relaxing different muscle groups in their bodies.



Get Ready!

Resources

Audio Track # 8
Cat Relaxation Scale Worksheet

Teaching Point

One of the best ways to relax your whole body and mind is to focus on relaxing different muscles in your body.

Other Ideas

► An effective way to help children locate and relax different muscles is to encourage them to first “tense up” or “flex” their muscles. Ask them to tense up different muscle groups: their arms, their legs, their necks. Ask them to keep their whole body tense and stiff for 10-20 seconds. Then, instruct them to “let go”, letting all the tension leave their muscles. This is a great way to understand the difference between tense muscles and relaxed muscles and to appreciate how it feels to be relaxed.

Get Going!

To Begin

What do you feel like when you are stressed or worried or scared?

What do you feel like when you are relaxed?

What’s the difference between feeling stressed and feeling relaxed?

Activity

- ✓ Before they listen to the audio, ask children to circle or color the cat that they feel like.
- ✓ Listen to the audio.
- ✓ After they’ve listened, ask children to circle or color the cat that they feel like.

Wrap-up

Were you able to focus on relaxing the different muscles in your body?

Did you feel relaxed during Muscle Relaxation?

When could you use Muscle Relaxation?

Homework

Practice Muscle Relaxation on you own before you go to sleep tonight.

This activity is provided with the permission of Dr. Terry Orlick. His newest book: *“Positive Living Skills: Joy and Focus for Everyone”* can be found at www.zoneofexcellence.ca/index_new.html or www.zoneofexcellence.ca/products_new.html#books, and is also available on Amazon.com.

Cat Relaxation Worksheet

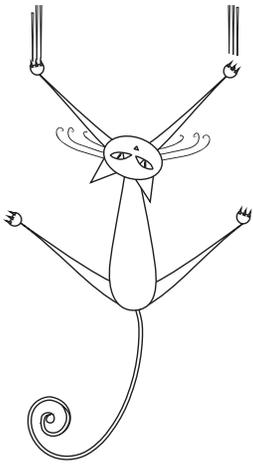
Circle or color the cat you felt like before relaxing and after relaxing.



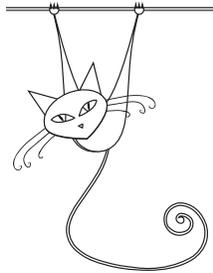
SCALE



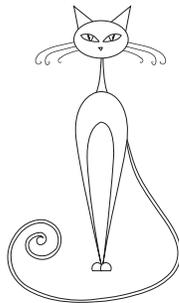
How did you feel **BEFORE** trying to relax?



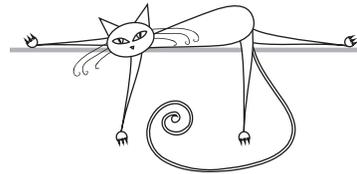
Very Stressed



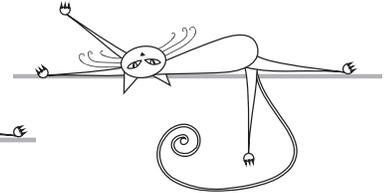
A Little Stressed



In Between

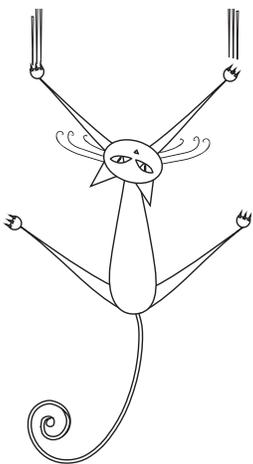


A Little Relaxed

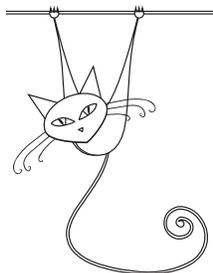


Very Relaxed

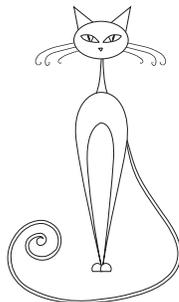
How did you feel **AFTER** trying to relax?



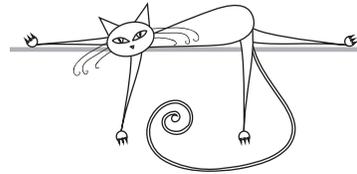
Very Stressed



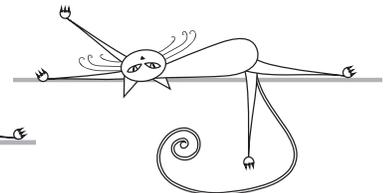
A Little Stressed



In Between



A Little Relaxed



Very Relaxed

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