

# TENSION RELEASE



5 MINS

This activity will encourage participants to be more aware of their bodies and help them to find a way of being present.

## ACTIVITY TYPE

Guided physicalisation and class discussion.

## SET UP

Children will need space to lie on the ground for this activity. If possible, push back chairs and tables or move to a clear hall or playground (weather permitting).

## FOLLOW UP QUESTIONS FOR CHILDREN

- How did your body feel during this activity?
- How does your mind feel after this activity?

## FURTHER DEVELOPMENT

This activity could be carried out with gentle music playing in the background. You could also task the children with finding ways to describe their body sensations on paper through words, shapes and colours.

1. Read aloud the following sets as a guided physicalisation adapting the script if necessary or play the pre-recording
2. Lie down on your back on a comfortable surface and close your eyes or soften your gaze.
3. Squeeze your toes and feet, as tightly as you can. (Pause). Release all your muscles and relax for a few moments. (Pause).
4. Squeeze your hands into fists, as tightly as you can. (Pause). Release all your muscles and relax for a few moments. (Pause).
5. Make your legs and arms as hard as stone. (Pause.) Release all your muscles and relax for a few moments. (Pause).
6. Scrunch up your face. (Pause). Release all your muscles and relax for a few moments. (Pause).
7. Now squeeze all of your body in one go, your feet, your hands, your legs and arms, and your face. (Pause).
8. Now gently unsqueeze your feet. (Pause).
9. Gently unsqueeze your hands. (Pause).
10. Gently soften your legs and arms. (Pause).
11. Gently unscrunch your face. (Pause).
12. Now gently open your eyes or focus your gaze, and sit up slowly.



Scan me  
to access the  
pre-recording