

Muscle Scrunch and Relax Activity

Ask children to carefully lie down on the floor on their backs where they have some space to themselves.

Let's begin by closing our eyes and slowly breathing in and out. Notice your breath flowing into your nose, then out of your nose again.

Try and make your tummy go up as you breathe in and back down as you breathe out. Try to push all of your breath out before you breathe in again. Try and breathe like this for all of this activity.

We are all going to concentrate on our muscles and we are going to scrunch them up tightly then relax them. This helps our bodies and minds relax deeply which will help us concentrate and focus our minds and thoughts.

Try to only tense up the muscles we are focusing on; try and relax all of your other muscles. Don't let your shoulders lift up or your jaw clench together. Keep breathing deeply all the way through. (Ensure you remind the children of all of these safety and relaxation tips after each of the direction below).

1. First, scrunch your toes up as tightly as you can and let them relax. Repeat.
2. Next, move onto all of your feet, scrunch, relax and repeat.
3. Now, the calf muscles, scrunch, relax and repeat.
4. Next the thigh muscles, scrunch, relax and repeat.
5. After that, let's move onto our stomachs. Tighten then release. Repeat.
6. Next, your bottom, tighten and relax then repeat.
7. Now, move onto your back muscles, tighten and scrunch then relax. Repeat.
8. Next, do the same with your fingers and hands, tighten, scrunch and relax. Repeat.
9. And your arms, tighten and relax. Repeat.
10. Next, do the same with your shoulders, tighten and relax. Repeat.
11. Now concentrate on your neck...imagine all of the muscles in your neck are slowly unwinding and relaxing. Any knots and bumps are popping free and your neck feels soft and supple.
12. Now do the same with the muscles in your head. Imagine the muscles popping free of any tightness or tension.
13. Finally, let's move onto the face. Scrunch up your forehead then relax. Now your cheeks then relax. Your nose, relax. And your lips and relax.
14. Relax your whole face, head, shoulders, back, legs and feet. Imagine you are sinking into something soft and comfortable. Keep breathing and think about how the different parts of your body feels. Listen to the sounds of your body.
15. Stay relaxing here for as long as needed.