

LESSON 8: RELAXATION

Grade-Level Outcomes

Primary Outcomes

Stress management: Applies stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress. (S3.H14.L2)

Fitness activities: Demonstrates competency in 1 or more specialized skills in health-related fitness activities. (S1.H3.L1)

Embedded Outcome

Working with others: Uses communication skills and strategies that promote team or group dynamics. (S4.H3.L1)

Lesson Objectives

The learner will:

- discuss with the class her stress-reducing object and how it helps her.
- demonstrate the ability to relax by participating in a long deep-relaxation practice.

Equipment and Materials

- Yoga mat for each person
- Appropriate yoga music
- Deep-relaxation script

Introduction

Today, we will start by sharing our homework assignments with one another. After that, we will come together to practice a deep-relaxation script. It's important to remember that this is an active relaxation and not a sleep session. [Some students might fall asleep.] At the end of class, you will work on your journaling, which is a skill that requires practice, just like any other.

Instructional Task: Discussion About Homework Object

■ PRACTICE TASK

Have students sit in groups of three or four initially. In their small groups, have them discuss the following:

- What is your object?
- What stresses you out?
- What do you use it for?
- How does it help you?

Have students come together in their own spaces and ask for anyone who wants to share with the large group.

EMBEDDED OUTCOME: S4.H3.L1 Before students share, remind them of the importance of listening skills and respecting different ideas. Provide corrective feedback on communication.

Student Choices/Differentiation

- If any students forgot their stress-relief objects, allow them to answer the questions as if they had brought them.
- Students choose small groups.
- Students choose whether to share with the larger group.

What to Look For

- Students are engaged.
- Students are showing respect toward one another and listening attentively.

Instructional Task: Deep-Relaxation Activity

■ PRACTICE TASK

Students lie down on their backs in savasana.

Students will be in this pose for about 45 minutes, so encourage them to get comfortable, yet still on their backs.

Read a deep-relaxation script, or play a pre-recorded one (see Resources).

Student Choices/Differentiation

- Dim the lights in part of the room for students who might have trouble relaxing at first.
- Students think “in” and “out” as they breathe to help them focus on their breath and relax.

What to Look For

- Students are able to be on their backs quietly for the entire activity.
 - Students are taking the activity seriously.
 - Students appear to be more relaxed at the end of the script.
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Formal and Informal Assessments

- Teacher observation and correction
- Journal assignments (see homework)

Closure

Quiet the mind; chime the gong. Have students listen and focus on the sound as long as they can.

Journal questions during class:

- Were you able to be aware during the whole practice? If not, what was the last thing you remember?
- Were you able to keep your body still?
- How do you feel? Both physical and mentally?

Reflection

- Am I reading and responding to students' journals in a timely fashion?
- Are students embracing this form of communication and assessment?

Homework

Have students pinpoint one or more de-stressing techniques that they think might work for them, and urge students to use them going forward.

Journal assignment:

- What was your overall impression of today's discussion about stress?
- What did you learn? What did you already know?
- What do you do to lower your stress or to calm you when you are stressed?
- Log your physical activity outside of school. Include the type of activity and how long you did it.

Resources

iTunes has some pre-recorded scripts: Kelly Howell Guided Relaxation.

Other sites for guided relaxation scripts:

www.innerhealthstudio.com

www.pent.ca.gov/trn/guidedimageryscript.pdf (free basic relaxation script you can use today or shorten to use in any savasana)

www.k-state.edu/counseling/student/biofedbk/guideim.html

Internet search terms: “yoga relaxation,” “stress management,” “relaxation scripts”