

# Tension Release



# Tension Release

Display Tension Release visual.

Explain to students that they're going to practice Calming and Focusing their bodies as well as their minds. Use the following script to help guide students through the practice.

*Today we're going to do a new practice to help our bodies relax.*

- *First, take a look around the room, then sit or lie down in a way that feels safe and comfortable for you. Close your eyes if it's comfortable. If you would rather not close your eyes, you can focus your eyes on one place.*
- *Place your attention on your feet. Notice the soles of your feet, your toes, your heels, and the tops of your feet. Notice where your feet are touching the floor.*
- *Now take a deep breath in, and as you do so, squeeze all the muscles in your feet. Point your foot, curl your toes, squeeze!*
- *And now breathe out slowly, and as you do, let all of that tension go. Relax your feet. Notice how your feet feel after you allow them to relax.*
- *Place your attention on your legs. Notice your calves, knees, and thighs; notice the weight of your legs on the floor.*
- *Take a deep breath in, and as you do so, lift your legs off the floor just a little bit and squeeze all the muscles in your legs. Allow your legs to hover over the floor for a moment.*
- *And now breathe out and let all of that tension go. Relax your legs. Notice how your legs feel after you release all that tension.*
- *Place your attention on your stomach. Notice how it moves up and down with your breath.*
- *Take a deep breath in and squeeze all the muscles in your stomach. Pull in your belly button and squeeze!*

- *Breathe out and let all of that tension go. Relax all the muscles around your stomach. Notice how your stomach feels now.*
- *Now place your attention on your arms and shoulders. Notice your fingers, your hands, your elbows, and your shoulders; notice the weight of your arms on the floor/on your legs.*
- *Take a deep breath in and squeeze all the muscles in your arms. Squeeze your hands into fists and pull your shoulders up toward your ears!*
- *Breathe out and let all of that tension go. Relax your arms, loosen your hands and fingers, and sink your shoulders down. Notice how your arms and shoulders feel after you allow them to relax.*
- *Now place your attention on your face and head. Notice your mouth, your eyes, and your forehead; notice the weight of your head on the floor/on your shoulders.*
- *Breathe in and squeeze all the muscles in your face. Squeeze your eyes shut, clench your jaw tight, and scrunch up your eyebrows!*
- *Breathe out and let all of that tension go. Relax your face. Open your mouth just a little bit so that there's some space between your teeth. Notice the difference in how your face and head feel.*
- *And now place your attention on your whole body. Notice the weight of your body on the chair/floor.*
- *Breathe in, and as you do so, squeeze all the muscles in your body. Squeeze your feet, legs, belly, arms, shoulders, and face! You can even lift your legs off the floor. Feel all that tension!*
- *Now breathe out and let all of the tension go. Relax your whole body. Notice how your body feels after you allow it to relax.*
- *And now take several breaths in and out, allowing yourself to rest. Notice what your body feels like after this practice.*

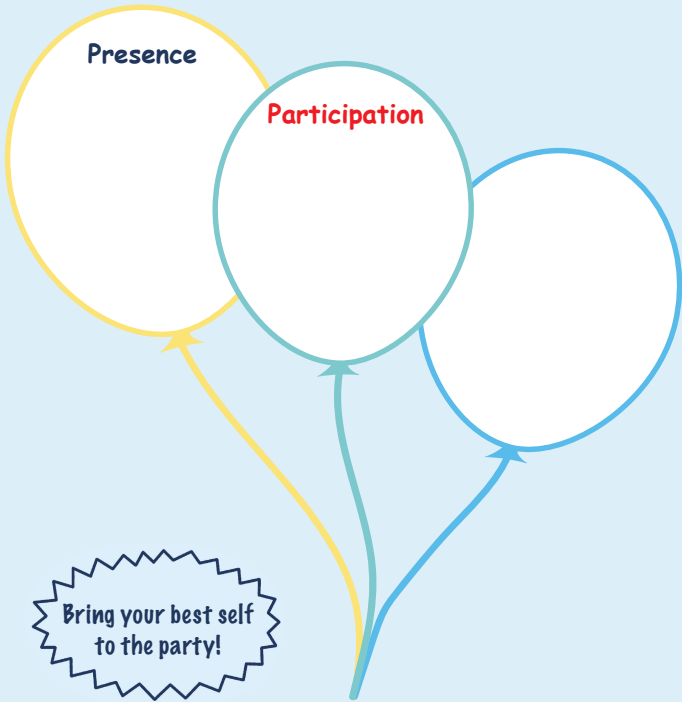
*How Can You Be Your  
Best Self?*



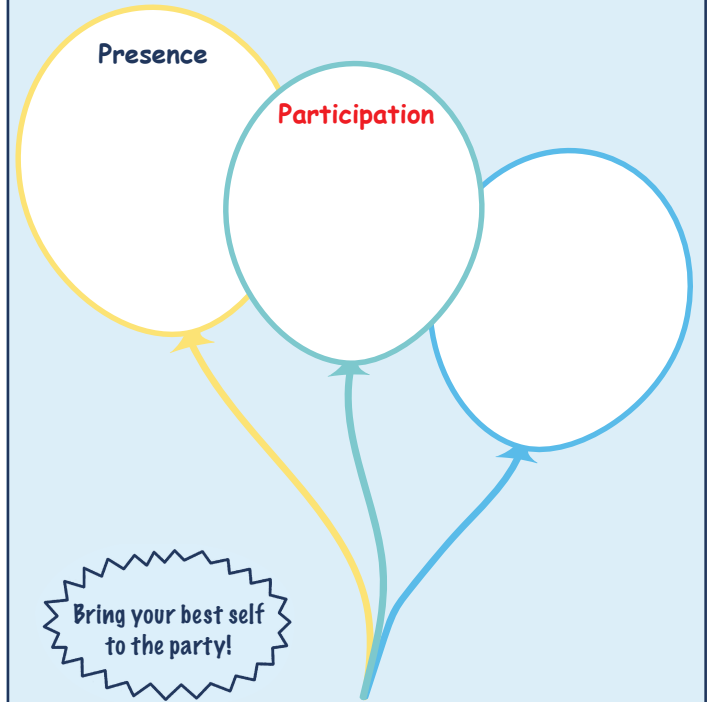
**Fill in the 4 Ps!**

1. Be P \_\_\_\_\_
2. P \_\_\_\_\_
3. P \_\_\_\_\_
4. P \_\_\_\_\_

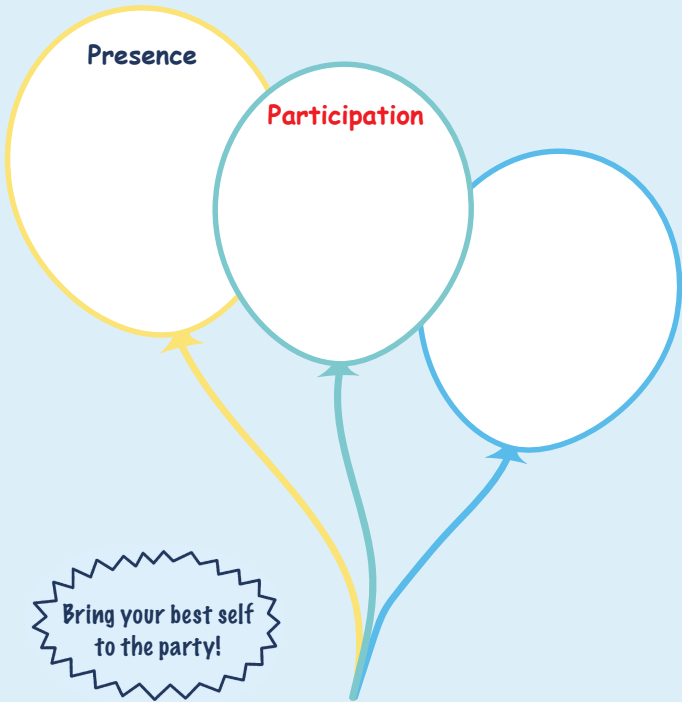
**Your Presence and Participation  
are Requested!**



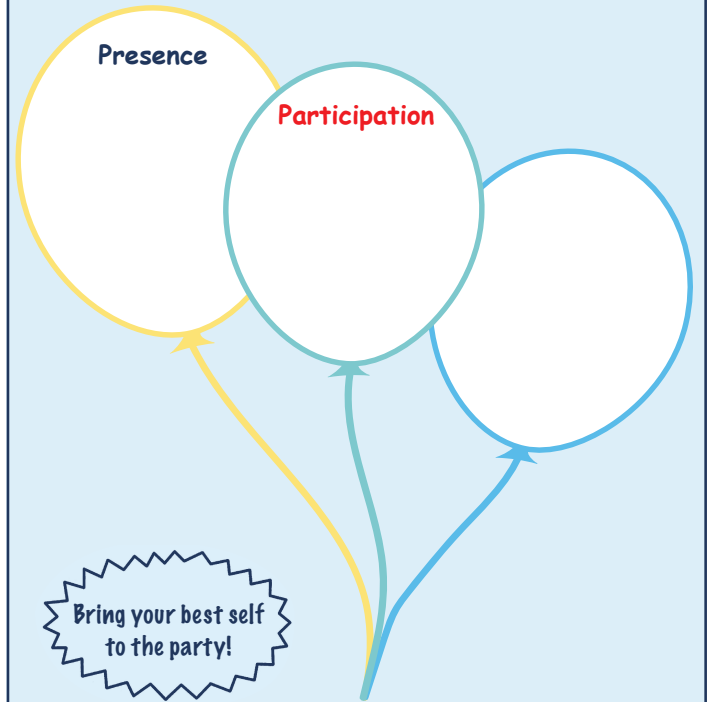
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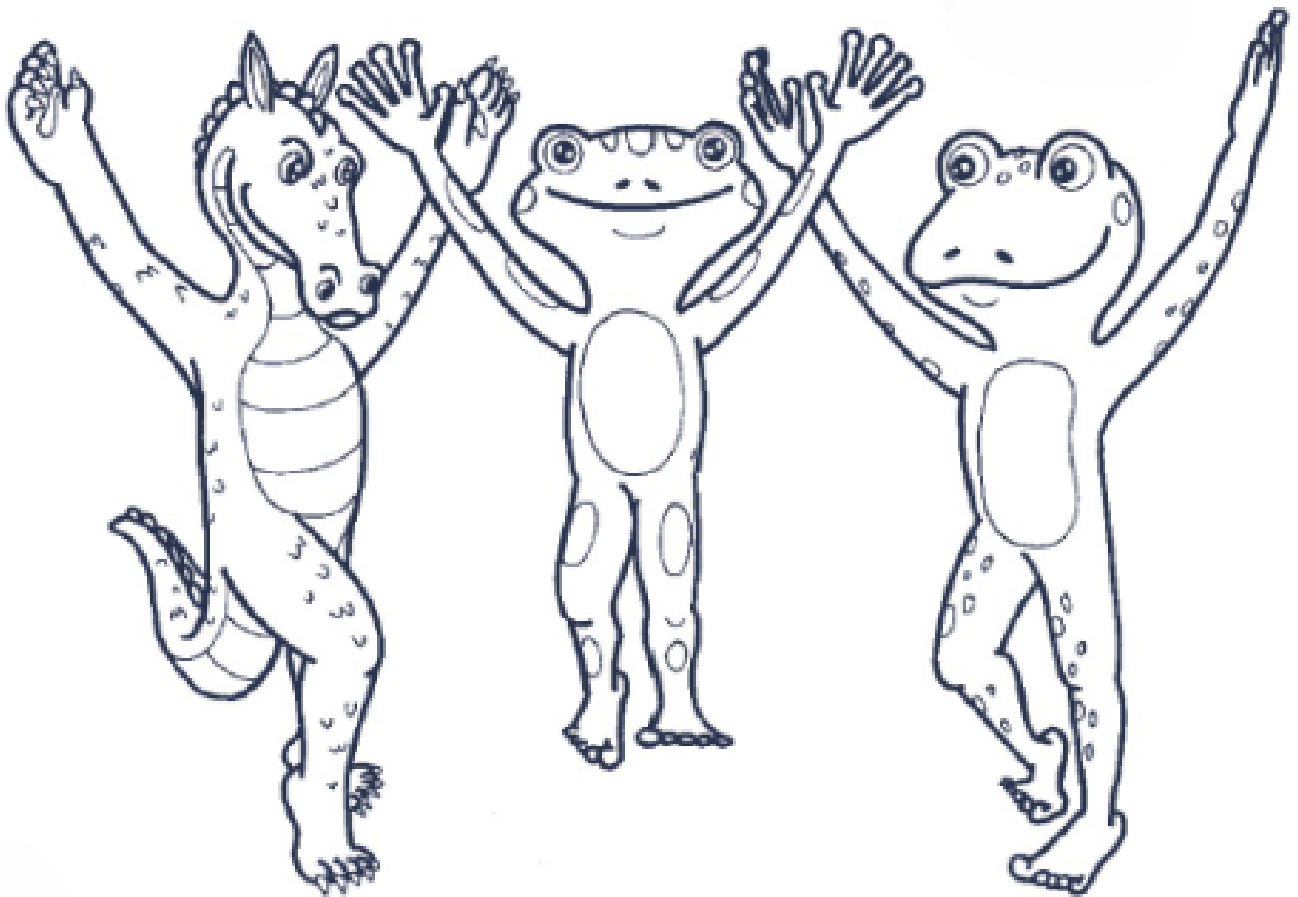
# Your Presence and Participation are Requested!

Presence

Participation

Bring your best self  
to the party!

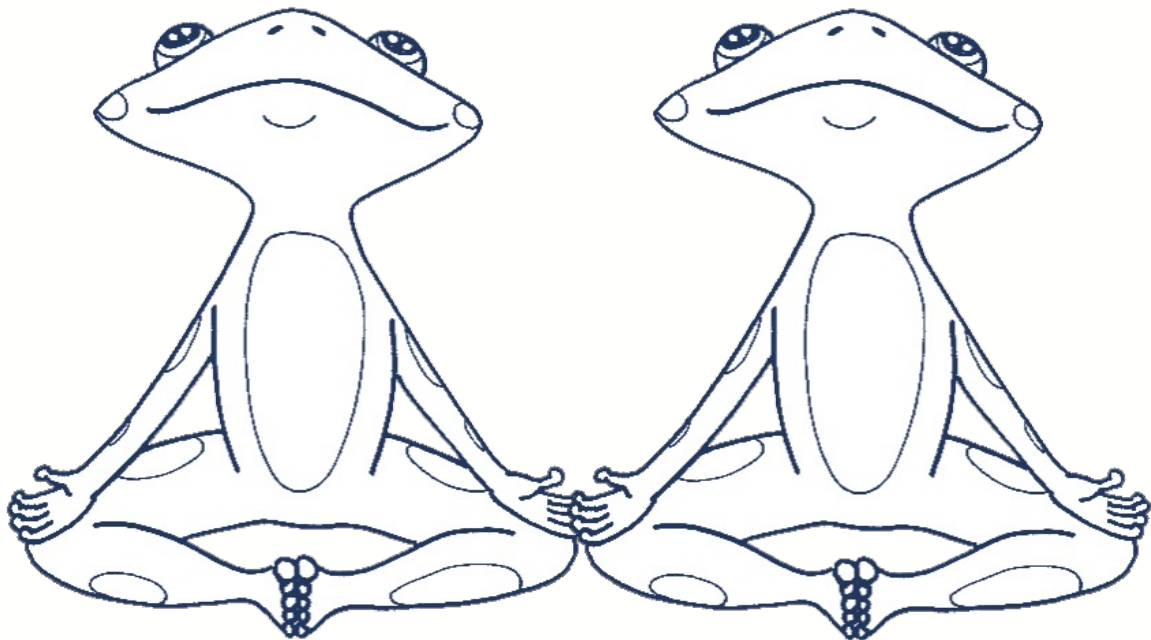
# Forest



# Forest

- *Begin in Mountain, standing strong and tall.*
- *Breathe out and find your balance in Tree, starting with your toes touching the floor.*
- *Breathe in. Reach your arms upward in the shape of the letter “V,” crossing wrists with your neighbors’ arms to create branches, and spreading fingers out wide to create leaves.*
- *Choose either to keep space between your wrist and your neighbors’ wrists, or bring wrists together so that you are connected to your neighbors.*
- *Remember to lower your foot anytime you feel like you need to rebuild your Tree.*
- *As we balance, notice if the support of your neighbor helps you stand strong. Can you use your arms to help keep your neighbors stable?*
- *How does it feel to be part of a forest of trees standing tall together?*

# Group Flower



# Group Flower

- *Begin in Flower. Make sure you feel safe, stable, and balanced.*
- *Breathe in and reach your hands outward toward each neighbor's hand.*
- *Breathe out and try to touch fingertips or clasp hands or wrists with your neighbors so that the whole group of flowers is connected.*
- *How can you support each other's balance? How does it feel to be part of one large flower garden rather than many separate flowers?*

Invite students to review ways they can treat each other with care and respect and keep each other safe during group movement.

# Session 4 Practices

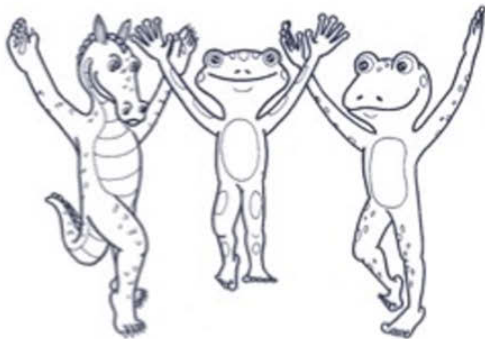
Calming and Focusing



Tension Release



Forest



Group Flower

