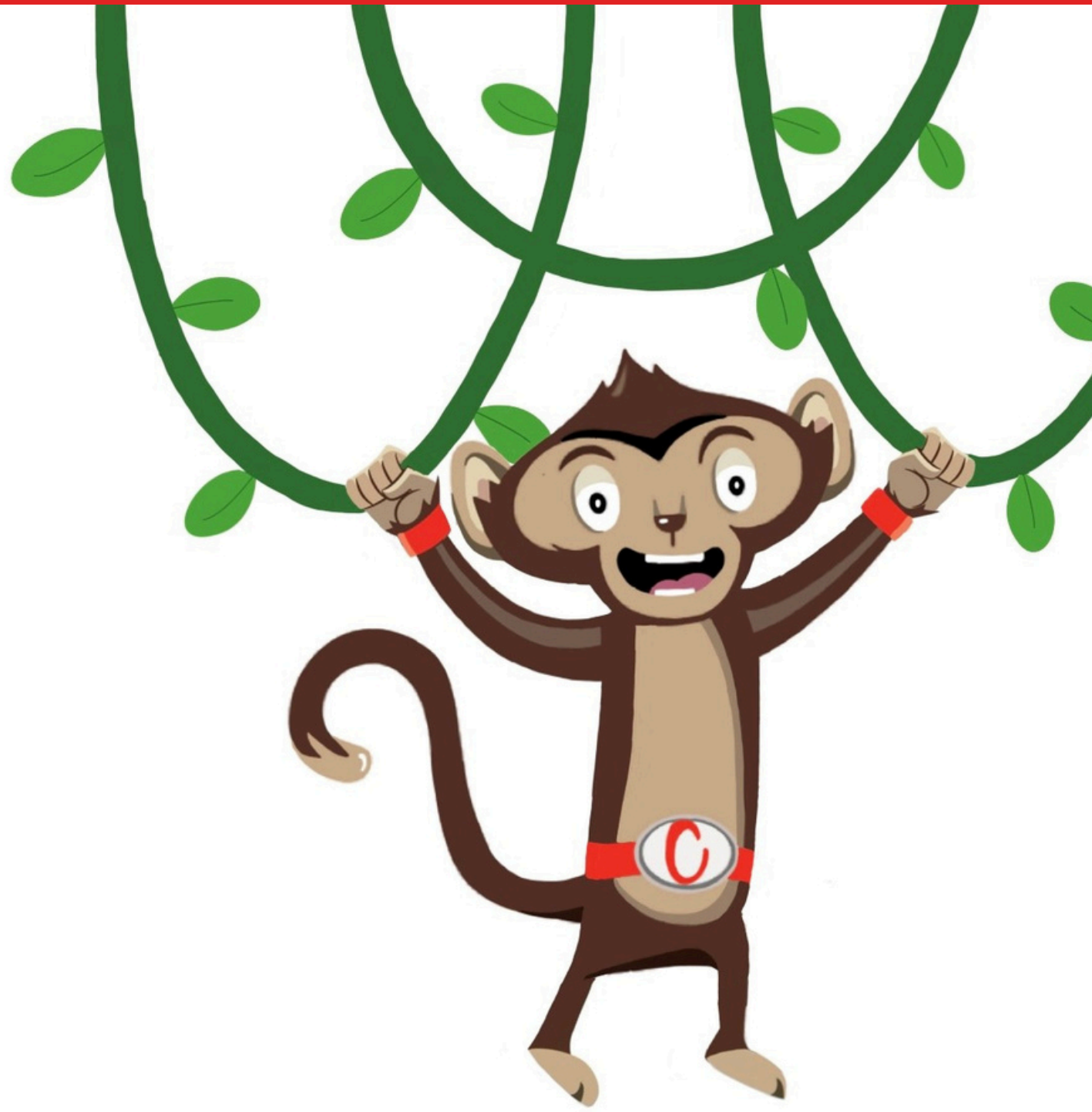


Body Scan



Chill with Chester



5 minutes

Instructions

This mindfulness activity brings pupils awareness to how their bodies feel. This is a useful tool to help relax or calm pupils. This activity requires little space and can be done in the classroom. Ask pupils to stand behind their chairs and follow along to the instructions on our activity sheet.

Health & Safety

- Ensure floors are clear of trip hazards
- Ensure pupils leave stationary on the table
- Remind pupils of their own spatial awareness
- Give clear instructions



Teacher Tips

This activity is suited to all ages and can be repeated as many times as you like. See our activity sheet for more information.

Foundation: pupils can shift their weight side to side (instead of stepping forwards and backwards) if that is challenging.

KS1 & KS2: working from the feet up and getting pupils to think about how each body part feels.

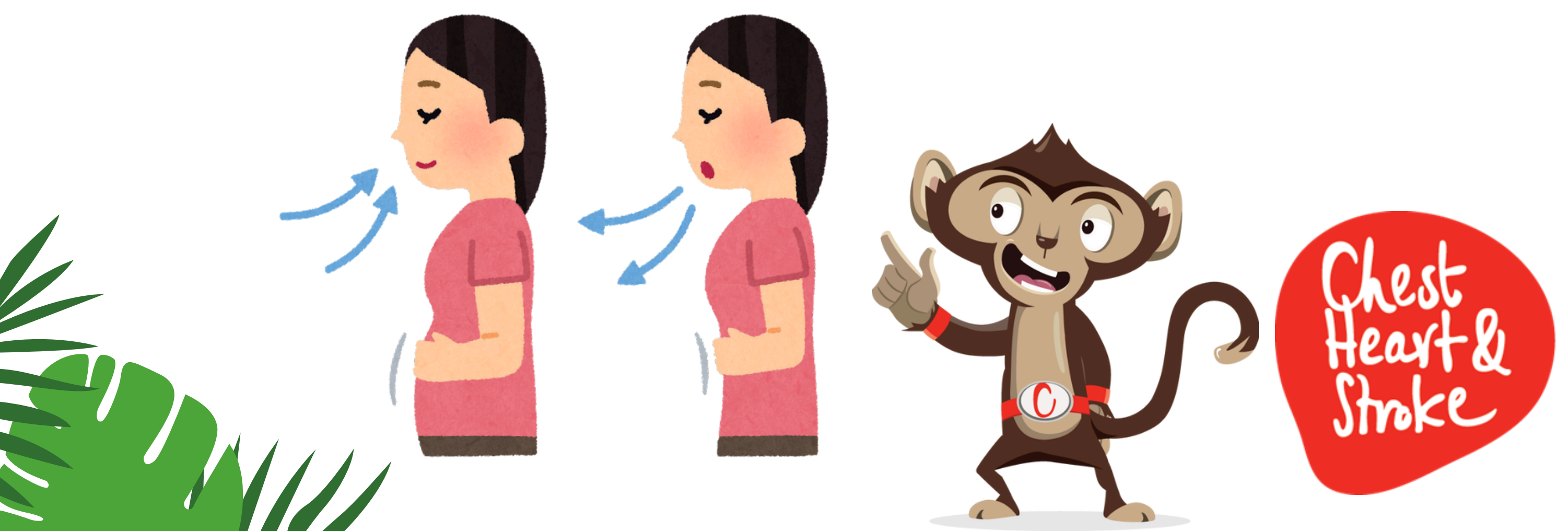
Chest
Heart &
Stroke

Body Scan

Ask your pupils to stand behind their chairs. Then slowly follow along to the actions below by reading out the instructions, allowing pupils time to think and clear their mind. You could also have some relaxing music on in the background for this activity and repeat the steps as many times as you like.

Foundation

1. Stand behind your chair and let your arms relax down by your sides.
2. Close your eyes and take 3 big deep breaths. Pay attention to how your body feels. Can you feel your chest move in and out as you breathe?
3. I want you to think about other parts of your body. Shift your weight to one side. Think about how your feet feel. Does one feel heavy and one light? Now shift your weight to the other side. How does the other foot feel?
4. Move your weight back into the middle. Think about how your toes are holding onto the floor. How do your legs feel? Are they warm, cold or feel heavy? Try and relax them as best you can.
5. Think about your tummy. Place your hands on your tummy and see if you can feel it move as you breathe in and out three times here.
6. Now place your hands by your sides. Let your shoulders relax all the way down to your fingers. How do your hands feel? Are they warm or cold? Wiggle your fingers gently on both hands.
7. Gently open your eyes if they are still closed.



KS1 & KS2

1. Stand behind your chair and let your arms relax down by your sides.
2. Close your eyes and take 3 big deep breaths. Pay attention to how your body feels. Can you feel your chest move in and out as you breathe?
3. I want you to think about other parts of your body. Shift your weight to one side. Think about how your feet feel. Does one feel heavy and one light? Now shift your weight to the other side. How does the other foot feel?
4. Now slowly shift a little weight forward (while standing on the spot). Do you notice how your toes grip the floor and your legs squeeze tightly?
5. Move your weight back into the middle. Think about how your toes are more relaxed now. How do your legs feel? Are they warm, cold or do they feel heavy? Let all the muscles in your legs relax as best you can. Be still here for a moment.
6. Think about your tummy. Place your hands on your tummy and see if you can feel it move as you breathe in and out three times here. How does your tummy feel inside, full or hungry?
7. Now place your hands by your sides. Slowly bring your shoulders to your ears, then relax your shoulders back down. Bring your attention all the way down to your hands and to your fingers. How do your hands feel? Can you feel the air brush past. Are your hands warm or cold? Wiggle your fingers gently on both hands.
8. Gently open your eyes if they are still closed.

