

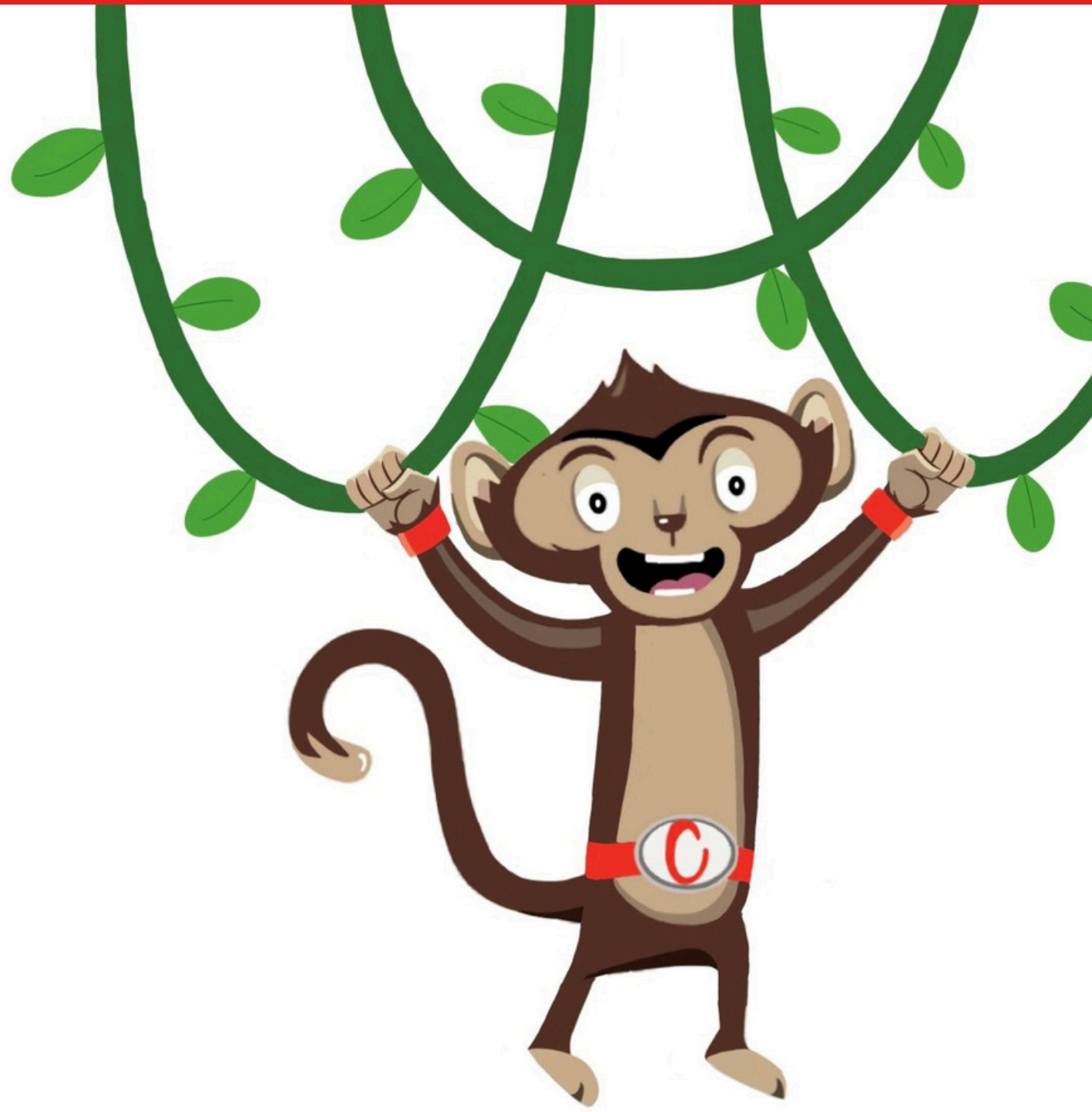
Squeeze and Relax



Chill with Chester



5 minutes



Instructions

This mindfulness activity brings pupils awareness to how their bodies feel. This exercise will involve squeezing your muscles tight one area at a time, then relaxing them and seeing how good it feels!

This is a useful tool to help relax or calm pupils. This activity requires little space and can be done in the classroom.

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

Ask pupils to stand behind their chairs.

Read the instructions clearly so that the pupils can follow along

You could play relaxing music in the background to help the pupils feel more relaxed

This activity is suitable for all ages and can be repeated as many times as you like

See our activity sheet for more information.



Squeeze and Relax

Ask pupils to follow along to the actions below by reading out the instructions.

Foundation, Key Stage 1 and Key Stage 2

1. Stand behind your chair and let your arms relax down by your sides.
2. I want you to imagine you are holding juicy oranges in your hands. You need to release the juice from them by squeezing your fists as much as you can and hold this (10-15 seconds). Now open your fists and relax them. Notice how nice it feels for your hands to be relaxed.
3. Next, I want you to imagine we are standing on the beach in the sand in our bare feet. I want you to curl your toes nice and tight and imagine you are digging your feet in to collect lots of sand (between 10-15 seconds). Now release your toes and relax your feet. Notice how nice it feels for your feet to be relaxed.
4. Now, I want you to pretend you are behind a fence and you need to see over, so we have to stand on our tip toes. Try to get up as tall as possible to see over the fence (between 10-15 seconds). Now allow your feet to touch the floor again and relax. Notice how nice it feels for your legs to be relaxed.



6. Next we want to get by the fence and there is a gap nearby that is quite small. We need to squeeze through by holding in our stomachs! Suck in nice and tight! Keep holding this (for 10-15 seconds). Well done we are through the fence. Relax your stomach. Notice how nice it feels for your stomach to be relaxed.

7. Oh no, a fly has just landed on your nose but we don't want to touch it with our hands so we need to close our eyes, scrunch up our nose and wiggle our mouth to get the fly to move away! Keep scrunching (hold for 10-15 seconds). Phew, the fly is gone! You can now open your eyes and relax your face. Notice how nice it feels that your face is relaxed.

8. Finally, take a nice big deep breath in (hold for 5 seconds) and then breathe out. Notice that your whole body now feels nice and relaxed.

