



Relaxing Rudolph



Chill with Chester

3-10 minutes (level dependent)

Instructions

Space is required for this activity. Teachers guide pupils through a range of different poses spelling out the acronym RUDOLPH, helping pupils to bring awareness to their breath, whole body and helping to clear their mind and relax. See our activity example sheet for more information on each pose.

Health & Safety

- Ensure floors are clear of trip hazards before taking part in any activity, especially if taking place in an assembly hall or sports hall
- Remind pupils of their own spatial awareness
- Ensure pupils know who to tell if they feel unwell while exercising
- Give clear instructions

Teacher Tips

Suitable for all ages.

Foundation: hold each pose for 20 seconds (10 seconds per leg if alternating between them)

KS1: hold each pose for 30 seconds (15 seconds per leg if alternating between them)

KS2: hold each pose for 40 seconds (20 seconds per leg if alternating between them)

Give your pupils lots of encouragement along the way and show them how to achieve each pose before they attempt

Chest
Heart &
Stroke