

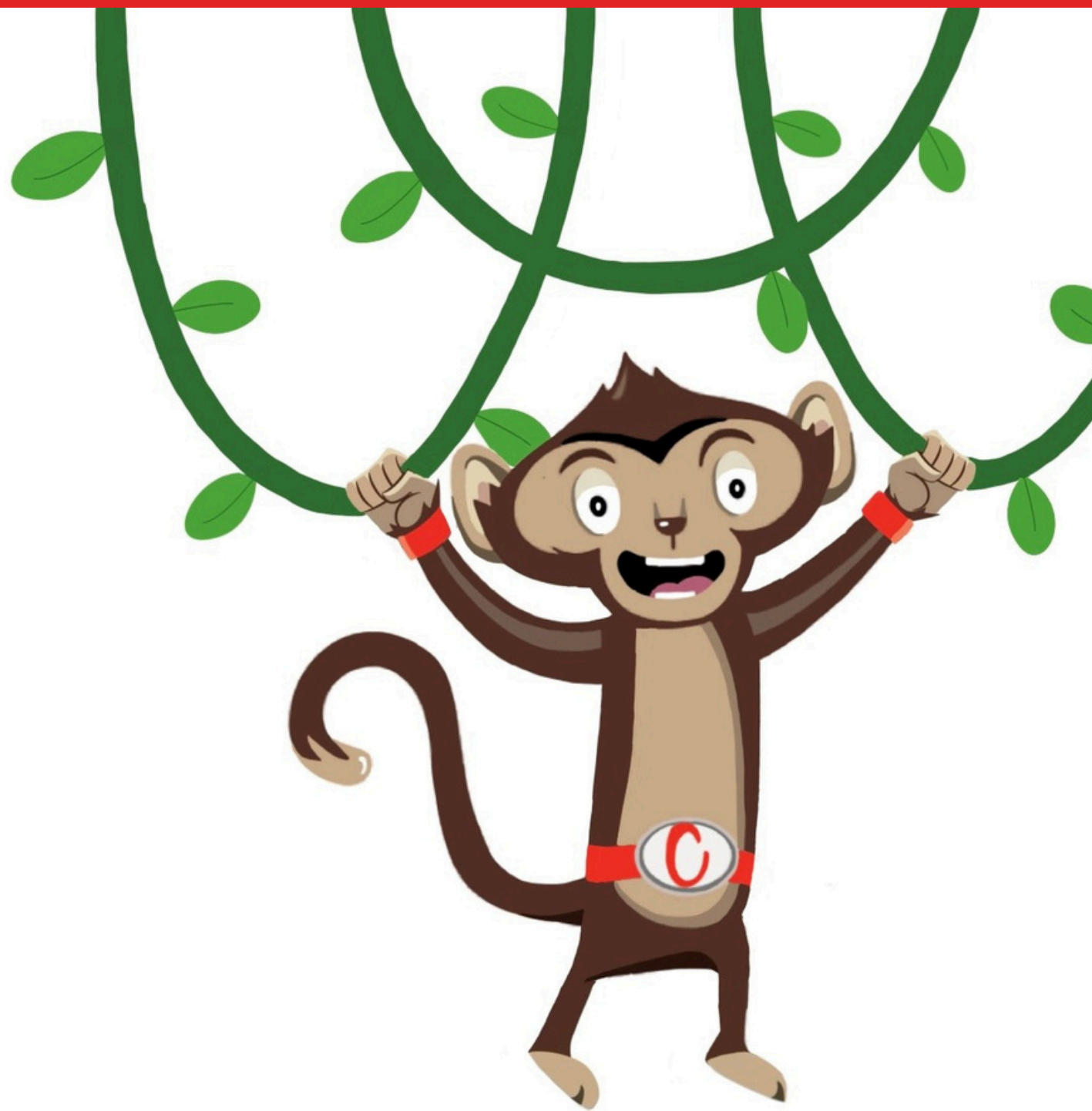
Squeeze and Relax



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.

