



We have been missing our relaxation time in class, so we would like to share some simple ideas for you and your families.

First, find a comfortable place to sit, this could be in a chair, beanbag or on your bed. To help you focus you could play some soft music, find a calm background on your computer / Ipad , sit silently or use the candle picture provided. **(Do not light a real candle unless an adult is with you.)**

Let's begin with some gentle neck exercises, it is important to do these slowly and not stretch too much, it must not hurt.

Close your eyes and concentrate on your breathing for a minute. Imagine that a piece of rope is holding your head upright.

Slowly, tip your chin down towards your chest, feel a gentle stretch at the back of your neck. Gently bring your head upright and pause.

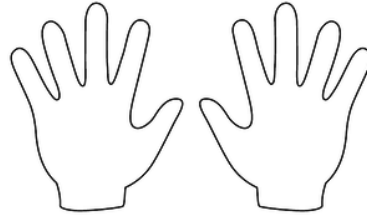
Now, turn your neck slowly to look towards your right shoulder, then gently turn back to look forward, pause, repeat towards your left shoulder and return to centre. Only twist until it is comfortable.

Next, tilt your head so that your ear moves down towards your shoulder, bring your head slowly back upright, pause and repeat on the other side, you should feel a gentle stretch on the side of your neck.

To finish the neck stretches, tip your chin again down to your chest, then while you are in this position turn your head to look towards your right shoulder then across to your left shoulder, like a pendulum. Slowly bring your head back up and rest for a minute.



Now try this breathing exercise using your hands, hold up one of your hands like the diagram below, use your index finger on your other hand to slowly 'climb up' one side of a finger as you breathe in, and to quickly 'slide down' the other side when you breathe out. Repeat this with all of your fingers on both hands.



Keep going you are amazing!

Let's now take any tension out of your bodies.

To do this we are going to take in a deep breath and tense up different areas of the body. When we breathe out we are going to let all the tension go. This is such a wonderful feeling and you may feel tingling in your body, this is ok.

Take in a deep breath and tighten or screw up your face, hold the breath for a couple of seconds, now breathe out quickly, relaxing your face.

Do this exercise with each of the following areas of your body; your shoulders and arms, chest and tummy, legs and feet.

Once you have completed all the areas give your body a shake.

You are doing really well so to finish we are going to have some quiet time. Make sure you're comfortable, you may want to stay as you are or lay down and put a blanket over you.

Close your eyes and listen to your own gentle breathing, now relax and stay like this for a minute or however long is good for you. When you are ready slowly open your eyes and stay still for a minute before you move.

Well done everyone, let us know how you feel, you are all superstars!

