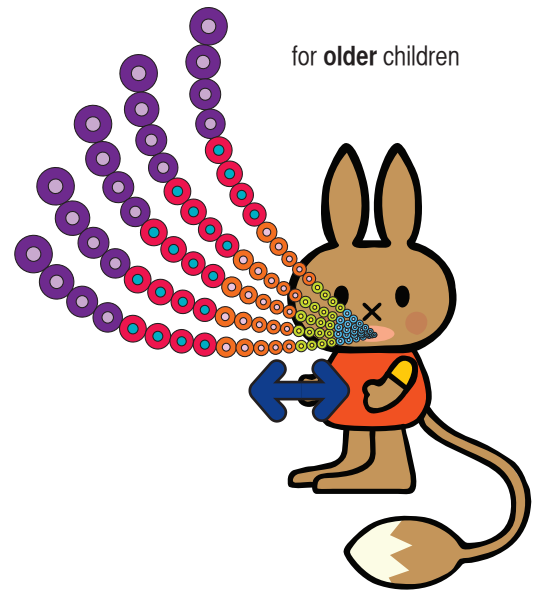


One Breath Relaxation



A relaxation exercise that teaches children how to relax themselves quickly in a stressful situation, by taking one long, slow, deep breath, in and out.

Get Ready!

Resources

Audio Track # 10
Cat Relaxation Scale Worksheet

Teaching Point

The better you learn to relax, the less stressed and the happier you'll be. It is important to be able to learn to relax quickly if you need to. For example, if you are taking a test, performing a sport, speaking in front of the class or undergoing a medical procedure or if someone yells at you or you feel angry or frustrated, you'll be in charge and feel strong if you are able to relax yourself in one or two breaths.

Other Ideas

- ▶ Before doing One Breath Relaxation ask children to demonstrate how they breathe during hard physical activity, for example, when they run really fast, and to talk about how they feel when they are breathing hard and fast. Then, ask them to demonstrate how they breathe when they are sleeping or when they are very relaxed, for example, if they are lying in the sun or relaxing on the couch. This helps children understand different breathing patterns and how these breathing patterns can affect them.

Get Going!

Activity

- ✓ Listen to the audio.

Wrap-up

When could you use One Breath Relaxation? Probe for specific examples.

Homework

Remember to use One Breath Relaxation whenever you start to feel nervous, worried, stressed or angry; at home, in school, with friends or siblings; when taking tests, playing sports or during painful or stressful medical procedures.

This activity is provided with the permission of Dr. Terry Orlick. His newest book: *"Positive Living Skills: Joy and Focus for Everyone"* can be found at www.zoneofexcellence.ca/index_new.html or www.zoneofexcellence.ca/products_new.html#books, and is also available on Amazon.com.

Cat Relaxation Worksheet

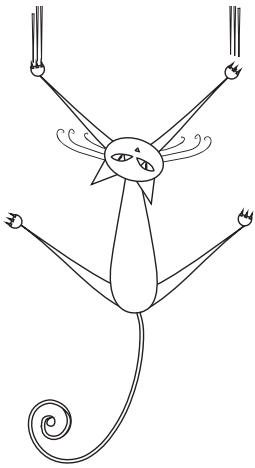
Circle or color the cat you felt like before relaxing and after relaxing.



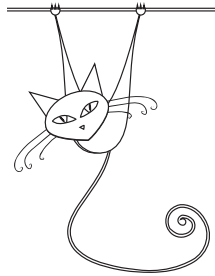
SCALE



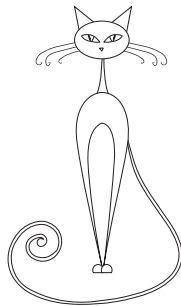
How did you feel **BEFORE** trying to relax?



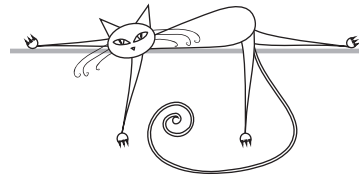
Very Stressed



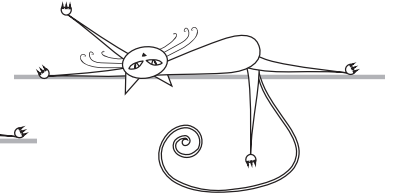
A Little Stressed



In Between

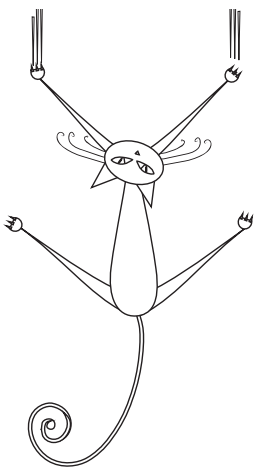


A Little Relaxed

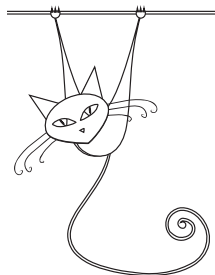


Very Relaxed

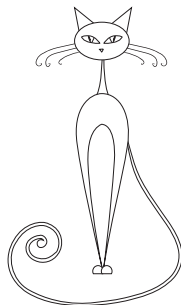
How did you feel **AFTER** trying to relax?



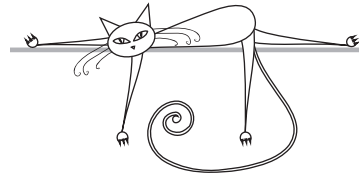
Very Stressed



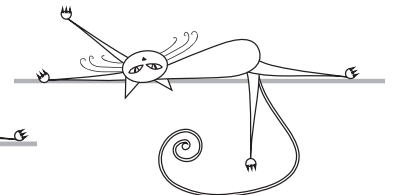
A Little Stressed



In Between



A Little Relaxed



Very Relaxed

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