








Breathing and Movement Activity for Ages 6-12

Progressive Muscle Relaxation – Brief Version

Directions:

The child can sit down in a chair for this activity.

-  Notice your body in your chair, uncross your legs. You can close your eyes or keep them open. First, scrunch your toes – tight...tighter...tighter...relax. Bend your toes up toward your face – tight...tighter...tighter...relax.
-  Now, your calves, hold your lower legs up under your chair, now let them down. Tighten your thighs and your bottom and feel yourself rise up in your chair. Now, relax.
-  Tighten your abdominal muscles. Good job, now, relax them.
-  Pull your shoulders in toward each other...relax.
-  Scrunch your hands into a fist – tight...tighter...tighter...relax. Now pull your hands in and cross them while scrunching your shoulders up toward your ears. Good job, now, relax.
-  Tighten your jaw. Relax. Scrunch up your face real tight – tight...tighter...tighter...relax.
-  Now go back through your whole body and let go of any tension you might still feel in each place as you move through it. Notice the difference in places that are still tight and relax.