

Learning Activity 3

Muscle Relaxation

Time (minutes)
10

Organization
Students in general space.

Cues:

- Muscle Relaxation
 - Start at the head and work down to the feet
 - Squeezing one set of muscles at a time
 - Squeeze the muscle tight
 - Hold
 - Relax the muscle

Modifications/Differentiation:

- Allow students the option to sit or lay quietly, walk around the room quietly, or use a fidget quietly.

Activity Progression:

Have students find their own personal space in the gym. If you have exercise mats for each student or large mats that students can lay on, that would be ideal.

Explain to students they are going to learn one last technique called muscle relaxation that can help them when they are mad, sad, scared or overwhelmed. Muscle relaxation is the tightening and relaxing of muscles. Have students lay down in their personal space. Guide them through muscle relaxation from head to feet.

Example script:

“Today we are going to practice one more technique to help us when we are feeling anxious, mad, sad, scared or overwhelmed. We are going to practice muscle relaxation. Sometimes after we play really hard or are active, our muscles can feel sore, but sometimes our muscles can just feel sore because we are worried, sad or overwhelmed. Muscle relaxation is a way to help make our muscles feel better by tightening them and relaxing them. We are going to take some time to practice that today.”

[Here](#) is a video to help guide students through the muscle relaxation. You can just use the audio or use the video in its entirety. You can also opt not to use the video at all but use it as a reference as to how to guide your students through muscle relaxation. The video is seven minutes in length. (credit: GoZen!)

After the muscle relaxation exercise, debrief with students about how it made them feel.

Example Script:

“How do you feel after the muscle relaxation exercise? Do you think this is something you could do on your own? [Allow for students to respond]”