



Rio Grande Educational Collaborative

Before and After School Program Lesson Plan

TITLE OF LESSON: Progressive Muscle Relaxation **DATE:** _____

SITE NAME: _____ **CLASS SIZE:** _____

NAME(S) OF INSTRUCTOR: _____

CREDIT: (ie: website, pinterest,) _ Koeppan, A.S. (1974). Relaxation training for children. Elementary School Guidance and Counseling, 9, 14-21

NM COMMON CORE: (SEL Standard) Sensory motor integration 1A. Students demonstrate an understanding of body awareness and sensations in the body.

LEARNING OBJECTIVES:

Students will understand the following: (What students will be learning)

1. Students will be able to identify and actively participate in sensory exercises for body and brain regulation.
2. Students will be able to identify bodily sensations and draw what they look like and/how it feels in the body and beginning to add feeling words to body sensation.

ACTIVITY:

Instructional Sequence: (Step by step instructions, should another instructor pick up and teach the lesson successfully)

Gather students in a circle __

Ask students to share about a time when they felt anxious or stressed. Share a personal experience that they can relate to, such as feeling nervous the night before a big test or upset after a conflict with a loved one. Encourage them to share what they did to handle that big emotion.

3. Once all students have had an opportunity to share, explain that you are about to teach them a stress and anxiety management technique called progressive muscle relaxation. Explain that progressive muscle relaxation teaches us how our bodies carries stress by encouraging us to focus on sensation in each major muscle group. State that it is also an effective means of releasing the stress and tension from our bodies.

1. Say, "When I say go, you will have 30 seconds to quietly get up and find a place to lie down on your back. You should have enough room that you can lie completely flat and move your arms and legs without bumping into anything." Demonstrate. Say, "Once everyone is settled, we will begin. Go"
2. Once students are settled, explain that you are going to dim/turn off the lights and tell them they may close their eyes if they wish. Encourage them to lay their arms by their sides, palms facing up. Walk amongst the children as you explain what they'll be doing.
3. While teachers can use the progressive muscle relaxation script of their choosing, Progressive Muscle Relaxation by A.S. Koeppen is a great resource Effective progressive muscle relaxation scripts for children guide students to tense and relax each major muscle group using figurative language they can relate to ("like a cat," "like you're squeezing a lemon," etc.)

Ask students to silently return to their seats. With the lights off, encourage them to practice Progressive Muscle relaxation silently and independently using muscle groups visual aids if needed.

Hand students a copy of the progressive muscle relaxation script. Encourage them to go home and teach their new relaxation technique to parents or guardians.

MATERIALS:

The following materials or equipment needed for this lesson: (Include special equipment request)

- __ Community Circle talking piece (encourage students to respect the talking piece by giving the person who is holding it their undivided attention and waiting their turn to talk).
- Progressive Muscle Relaxation Script: o Suggested script:

6. What could have been changed to make the lesson interesting? _____

7. Was the content of this lesson difficult for students to understand? Why? _____

8. What part of STEAM or literacy was used? (Science, Technology, Engineering, Art, Mathematics or Literacy)

9. Comments: _____
