

INNER PEACE

Relax

and breathe s-l-o-w-l-y

Materials: Worksheet copies, small cups, timer

Directions: Read the worksheet, complete the activity and discuss as a group.

Your essay is due...

Your favorite pair of pants shrunk...

You can't find the house key...

Sometimes, the stress of our lives is overwhelming!

Relaxation decreases stress and tension. A relaxed state brings inner peace.

When we relax, we give our body a chance to recover from daily anxieties. Deep, controlled breathing reduces stress while calming our minds.

Let's learn a breathing technique to relax.

ACTIVITY INSTRUCTIONS

- 1 Lie down on the floor and close your eyes. Breathe in slowly as you count to seven; then breathe out slowly as you count to seven.

*One... two... three... four... five... six... seven... breathe in.
One... two... three... four... five... six... seven... breathe out.*

- 2 Place the cup on your abdomen. Breathe in slowly as you count to seven; then breathe out slowly as you count to seven. Watch the cup rise up and down as you breathe.

*One... two... three... four... five... six... seven... breathe in.
One... two... three... four... five... six... seven... breathe out.*

We'll do the cup exercise for 3 minutes.

(Set the timer for 3 minutes.)

- 3 When the timer sounds, let's discuss the breathing exercise. Do you feel any different? How did slow, deep and controlled breathing affect your mood?
- 4 Use the breathing exercise every day this week. When you've completed the exercise, take time to think about how you feel.

