

Relaxation Exercises

Area of Body Exercise

BREATHING

- Breathe in and count to two slowly
- Breathe out and count to four slowly



HANDS

- Make a fist
- Then open the fist slowly

ARMS

- Bend your arms
- Then relax them back down

SHOULDERS

- Move your shoulders up to your ears
- Then relax them

LEGS

- Point your toes downwards. Then relax them
- Point your toes upwards. Then relax them.

STOMACH

- Breathe in and make your stomach tight
- Breathe out slowly and relax it

FACE

- Shut your eyes tightly. Then relax them
- Wrinkle your nose up. Then relax it
- Bite your teeth together. Then relax them

YOUR WHOLE BODY

- Think of your hands and let them relax more
- Think of your arms and let them relax more
- Think of your shoulders and let them relax more
- Think of your legs and let them relax more
- Think of your stomach and let them relax more
- Think of your face and let it relax more



BREATHING

- Breathe in and count to 3.
- Breathe out slowly.
- Open your eyes.