

GUIDED PHYSICAL RESET ACTIVITY

{TEACHER TIP} Ask students to think of some sort of feedback that someone has given them, either positive or negative, and reflect on whether there is something to learn about that piece of feedback as they go through this exercise.

First let's begin by getting in a comfortable position.

And close your eyes.

Allow yourself to take three very deep breaths.

Allow the air to slowly leave your lungs.

You are starting to feel your body relax.

Today we are going to start with your toes.

Squeeze your toes tightly and then relax.

Now squeeze your toes and your feet tightly and then relax.

Now squeeze your calves, your toes, and your feet tightly and then relax.

Now squeeze your entire legs very tightly and then relax.

Now squeeze your arms and legs very tightly and then relax.

Now you were going to contract every single muscle in your body that you have control of.

You're going to hold it this way until I get to the number 5.

You may begin 1 2 3 4 5. Now relax.

Now let's take 3 cleansing breaths and we'll go through the exercise once more.