Float Away From Stress & Worry

SLCSD Elementary Lesson at Home with Student & Family

Discussion: This activity is a visualization exercise. This works well in small groups and it can help to create a relaxing distraction and change the pace of the moment. Visualizing is the process of relaxing when picturing a relaxing scene, place, or image.

Activity: Have everyone sit on the floor in a comfortable place. Make sure that distracting noises are minimized. Some opt to play soft meditative background music lightly on a nearby speaker. Read the script aloud in a calming manner. Most participants prefer to close their eyes.

For the next little while let's, focus on calming our minds. Let's breathe in slowly through our nose, then slowly out through our mouth. Allow your breathing to center and relax you. Breathe in.... and out.
In..... out.....
In.... Out.....
Continue to breathe slowly and peacefully as you allow the tension to start to leave your body.

Release the areas of tension, feeling your muscles relax and become more comfortable with each breath. It starts slowly in your toes; it moves up through your legs; your chest; it continues all the way to your head and shoulders.

Continue to let your breathing relax you....

Breathe in....2...3...4.... hold....2.....3...... out...2...3....4...... 5

Continue to breathe slowly, gently, comfortably.....

Now slowly begin to create an image in your mind of a special place where you can completely relax. Imagine what this place needs to be like in order for you to feel calm and relaxed.

Start with the physical layout of the place you are imagining..... where is this peaceful place? You might envision somewhere outdoors.... or indoors..... it may be a small place or large one..... create an image of this place. Slowly build this peaceful image in your mind.
(pause….)
Now picture some more details about your peaceful place. Who is in this place? Are you alone? Or perhaps you are with someone else? Are there other people present? Animals? Birds? Imagine who is at your place, whether it is you only, or if you have company.
(pause…….)
Imagine even more detail about your surroundings. Focus now on the relaxing sounds around you in your peaceful place. Imagine any tastes and smells your place has to offer. Imagine the sensations of touch... including the temperature, any breeze that may be present, the surface you are on.... imagine the details of this calming place in your mind. Focus now on the sights of your place - colors, shapes.... objects.... plants..... water..... all of the beautiful things that make your place enjoyable.
(pause…..)
What would you be doing in this calming place? Perhaps you are just sitting, enjoying this place, relaxing. Maybe you imagine walking around.... or doing any other variety of activities.

Picture yourself in this peaceful place. Imagine a feeling of calm..... of peace..... a place where you have no worries, cares, or concerns.... a place where you can simply rejuvenate, relax, and enjoy just being.

(pause)

Enjoy your peaceful place for a few moments more. Memorize the sights, sounds, and sensations around you. Know that you can return to this place in your mind whenever you need a break. You can take a mental vacation to allow yourself to relax and regroup before returning to your regular roles.

In these last few moments of relaxation, create a picture in your mind that you will return to the next time you need a quick relaxation break. Picture yourself in your peaceful place. This moment you are imagining now, you can picture again the next time you need to relax.

When you are ready to return to your day, file away the imaginary place in your mind, waiting for you the next time you need it.

Turn your attention back to the present. Notice your surroundings as your body and mind return to their usual level of alertness and wakefulness.

Keep with you the feeling of calm from your peaceful place as you return to your everyday life.