**Year 5 Mindfulness – wc 15.06.20**

This week I thought it would be nice to do a relaxation script. Work through it below and then let me know how you go on.

**The Relaxation Script**

Choose a quiet room where you are unlikely to be disturbed.

Lie on your back on the floor or a firm surface.

Tense the muscles in your right foot and ankle.

Wiggle your toes. How does it feel?

Clench the muscles and release them several times.

Notice the difference in sensation between the clenched and unclenched muscles.

Commit it to memory.

Repeat the exercise with your left foot and ankle.

Tense the calf muscles, first one then the other.

Repeat several times, alternately clenching and unclenching.

Once again notice the differences in sensation between the tense and the relaxed knees.

Move next to the thigh muscles, and carry out the same exercise.

Notice how tension in the thighs affects the kneecaps and the knees.

Work upwards, taking in the muscles of the abdomen, of the chest, and of the back and shoulders, working on each group in turn.

Now work on the biceps, the forearms and the hands. Lastly move to the neck, jaw and the forehead, and the scalp.