

Relaxation breathing script

Instructions for teachers:

This script should be read at a slow and even pace with a gentle and relaxed tone.

If a student has physical disability you can swap the focus on feet for a different body part, such as a hand or the back. Practice in a safe and comfortable space. Students can practice this exercise in different places and different positions.

Script

When you are feeling angry or worried you can calm yourself.

Sit or stand comfortably.

Put your feet flat on the floor. Breathing normally.

Now focus on the bottom of your feet.

Slowly move your toes.

How do they feel?

What can the bottom of your foot feel?

Can you feel your shoes?

Can you feel your socks?

Can you feel the floor?

Can you feel the top of your foot?

Keep breathing normally and think about how your feet feel.

And now it's time to stop.

You may feel calmer now.

