

**Week 2:**

**Relaxation**

**Evaluating the relaxation techniques:**

In the PowerPoint you had a chance to try out some different relaxation techniques. What did you think about them? Make a note of your own ratings so you can remember which of them you might find helpful to use in future to relax.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **What I liked about i:** | **What I didn’t like:** | **Rating out of 10:** |
| **Progressive muscle relaxation** |  |  |  |
| **Deep breathing** |  |  |  |
| **Grounding exercise** **54321** |  |  |  |

**How do you relax?**

Although we have looked at some specific relaxation techniques, how we choose to relax is different for different people. You can use the questions below to have a think about what really helps you. Talk it through with your parent/carer, or write down your thoughts in the boxes below.

|  |
| --- |
| **What makes you feel calm and relaxed?** |
|  |
| **What prevents you from experiencing a peaceful state?** |
|  |
| **How can you keep yourself in a peaceful and balanced mindful state?** |
|  |