

Tighten~Relax

(Tune: Hush Little Baby)

Squeeze your fingers tight as you can. (Squeeze fingers into fists.)

Now relax both your hands. (Open hands and relax.)

Squeeze your forearms and elbows, too. (Squeeze arms body.)

Now relax them is what you should do. (Relax.)

Squeeze your shoulders, stomachs, and hips. (Tighten body.)

Now relax and wiggle fingertips. (Wiggle fingers.)

Squeeze your legs and your knees. (Squeeze legs.)

Now relax them if you please. (Wobble legs.)

Squeeze your feet and your toes. (Squeeze feet.)

Now relax them and let go. (Wiggle toes and shake ankles.)

Squeeze your nose, mouth, and eyes. (Squeeze face.)

Now relax them and give a sigh. (Relax.)

Squeeze your whole body hold on tight. (Tighten all over.)

Now relax – you'll feel just right. (Relax like a rag doll.)

Now you're relaxed as you can be.

I see all of you smiling at me. (Smile!)

Activities: Why is it important to relax? How do you relax?

Brainstorm all the different ways people relax.

Let children practice breathing in on the count of eight and then exhaling on the count of eight.

Explain that this is a good thing to do when they are stressed or frustrated.

Create a “just chilling” center in your classroom where children can go when they are stressed.

You could have a tape of peaceful music, books, stuffed animals, stress balls, play dough, and other materials to help them relax.