



Mindfulness Relaxation Exercise Script

please also download the 'Tips for Guiding a Mindfulness Relaxation' to help you with this.

An effective method to introduce mindfulness & meditation into your classroom is to engage in a mindfulness of the body, relaxation exercise. This exercise not only helps to improve a student's mindfulness but functions to relax the tension and tightness that has built up within the body and mind. Below is the script of the exercise - revealed step by step.

If you prefer for your students to be guided through the exercise with one of our audio guided meditations, they are available to download [here](#).

- We begin by settling into a comfortable posture.
- Start to disengage the mind from busy thoughts and ideas. Close your eyes softly.
- Gently gather all your attention into the centre of your body.
- Try to reel in all thoughts that take you to the outside world
- Allow the outside world to gradually melt away and dissolve into empty space.
- Begin by bringing your attention to the area around the crown of your head and gradually work down through your body to the tips of your toes.
- Focus on the area around the crown of your head. Gradually focusing on this area imagine that all the tension in the muscles gradually dissolves away.
- Then focus on the temples and forehead, imagining any tension headache or pain dissolves away, disappearing as you place your mind on this part of the body – imagine the tension draining down through your body into the ground.
- All the tension in your head drains down through your body into the ground.
- Then imagine the tension in your jaw and ears gradually melts away – as you place your mind on this area, imagine any tension draining down through your body into the ground...
- Pause for a short while and then think to yourself my head is now comfortable and relaxed.
- We gently work our way down the body relaxing each part and letting the tension drain away.
- Focus on the area of tension around your neck and shoulders.
- Try to relax the shoulders...lift them up gently and as they drop, imagine all the tension dissolving down into the ground, do this several times.
- As you do this try to feel that any tension or weight that you are carrying in your shoulders melts away...feel as though you are really letting go of all the tension that is being held in your shoulders.
- Think to yourself... my neck and shoulders are now comfortable and relaxed.
- Relax your arms and hands imagining all the tension in these areas drains out of your fingertips and far into the distance.
- Focus on the back and bring your mind to the top of the spine focus on any area of tension that may have built up around the spine. Place your mind on these areas of tension and allow the knots to unravel as you focus on them and the tension dissolves down your spine out through the soles of your feet, into the ground.

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- Mentally work your way down the spine, slowly relaxing and unravelling all the knots of tension and stress that may have built up. As your attention reaches the base of the spine, think to yourself now my back is comfortable and relaxed.
- Bring your attention to the front of your body, focus on the chest area and stomach.
- Try to identify any areas of stress or tension in this part of your body. Imagine that all the tension drains away disappearing as you focus on it – imagine any fear, tension or stress that have built up within the stomach disappears...
- Then think to yourself, now my chest and stomach are comfortable and relaxed.
- Then we focus then on our legs and feet, imagining any tension in these areas drains away, disappearing out of the soles of the feet – leaving you feeling comfortable and relaxed.
- Gradually scan down from the crown of your head to the tips of your feet, checking to see if there is any tension left in your body. If you locate any, then engage in the simple exercise presented above, again on that particular part of the body.
- We imagine all the tension drains out of our body and we enjoy this experience of relaxation for a short time.
- We can think to ourself. My entire body is comfortable and relaxed.
- Gradually bring your relaxation to a close, by becoming aware of your body, position in the room. Gently open your eyes.

If you would like a speaker to come to your school to introduce Mindfulness, Meditation the practice and technique to your staff and students then please [contact us](#).

For more information on creating a calmer classroom then please download the 5 minutes to a Calmer Classroom Resource.

Visit the Meditation in Schools Website [here](#).

