

Supplemental Activity: Relaxation

Supplies Needed:

- Lined paper
- Writing utensils

Length of Time to Complete:

- 5 minutes to introduce activity
- 15 minutes to complete activity

Audience (grades): 2nd

Common Core Standards Taught:

- English Language Arts: Writing 2.3
 - Write narratives in which they recount a well-elaborated event or short sequence of events, include details to describe actions, thoughts, and feelings, use temporal words to signal event order, and provide a sense of closure.
- English Language Arts: Writing: 2.8
 - Recall information from experiences or gather information from provided sources to answer a question.
- English Language Arts: Language: 2.1 and 2.2
 - Demonstrate command of the conventions of standard English grammar and usage when writing or speaking
 - Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.

Lesson:

This month we talked about how breathing slowly and stretching our bodies through yoga helps us to relax. Has anyone tried doing this at home? How did you feel when doing this?

Let's try a breathing exercise as a class. Sit quietly with your hands on your lap and close your eyes. Now breathe in very slowly, exhale very slowly. Inhale. **(Wait three seconds.)** Exhale. **(Wait three seconds.)**

(Repeat sequence for total of four breaths.)

How do you feel? Are you more relaxed? Are you able to focus better?

Please take out a lined piece of paper. I'd like you to write two paragraphs about a relaxation technique of your choice. In the first paragraph talk about:

1. The name of the relaxation technique.
2. When you have used the technique.
3. How it helped you.

The second paragraph should clearly describe how the reader can perform the technique.

Remember to use complete sentences that start with a capital and end with a period. If you need a word bank to help with spelling a word, ask and I'll write it on the board.