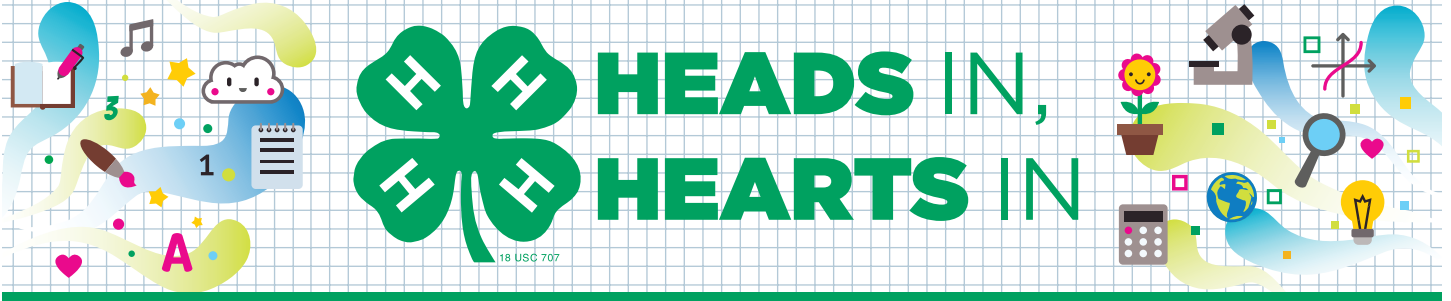


Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- “Head to Toe” handout (1 per family)
- Display table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print out one copy of the “Head to Toe” handout per family.



Progressive Muscle Relaxation

Guide for Families

Learning Objectives

What you need to know:

Mindfulness is the practice of slowing down and paying attention to the present moment. It is not emptying your brain of all thoughts. It is a process of focusing your energy and thinking on what is happening right now instead of what has happened in the past or might happen in the future. Mindfulness is noticing and paying attention without having to label or judge. During mindfulness practice, notice without placing judgment. For example, think to yourself, “I notice that I am feeling anxious,” rather than, “I notice I am feeling anxious. I am so weak.”

Mindfulness may include breathing techniques, stretching or movement, creative expression, meditation or some other practice that allows you to slow down your thinking, lessen distractions and focus your energy and attention for some time. Growing a mindfulness practice can help you improve your focus and attention, manage and address stress, learn to handle strong emotions and feel calm.

What you will do and learn:

In this activity, you will practice progressive muscle relaxation, a mindfulness technique in which you intentionally tense up muscles in your body so that when you relax them, you notice and remember what it feels like to have your muscles be relaxed. This technique can help you identify tension in your body and let that tension go.

Instructions

1. Find a place to lie down comfortably, or stand if you prefer.
2. Using the “Head to Toe” handout as a guide, notice and pay attention to your whole body.
3. Starting with toes, bring your attention to the toes on your right foot. You can wiggle your toes or squeeze them tightly and then relax them.
4. Pause and take a deep breath.
5. Next, notice the toes on your left foot. You can wiggle them or squeeze them tightly and then relax them.
6. Pause and take a deep breath.
7. Continue on in this way until you have covered all of the body parts listed on the handout and you are feeling calm.

Progressive Muscle Relaxation

Head to Toe Handout

Toes

Feet

Belly

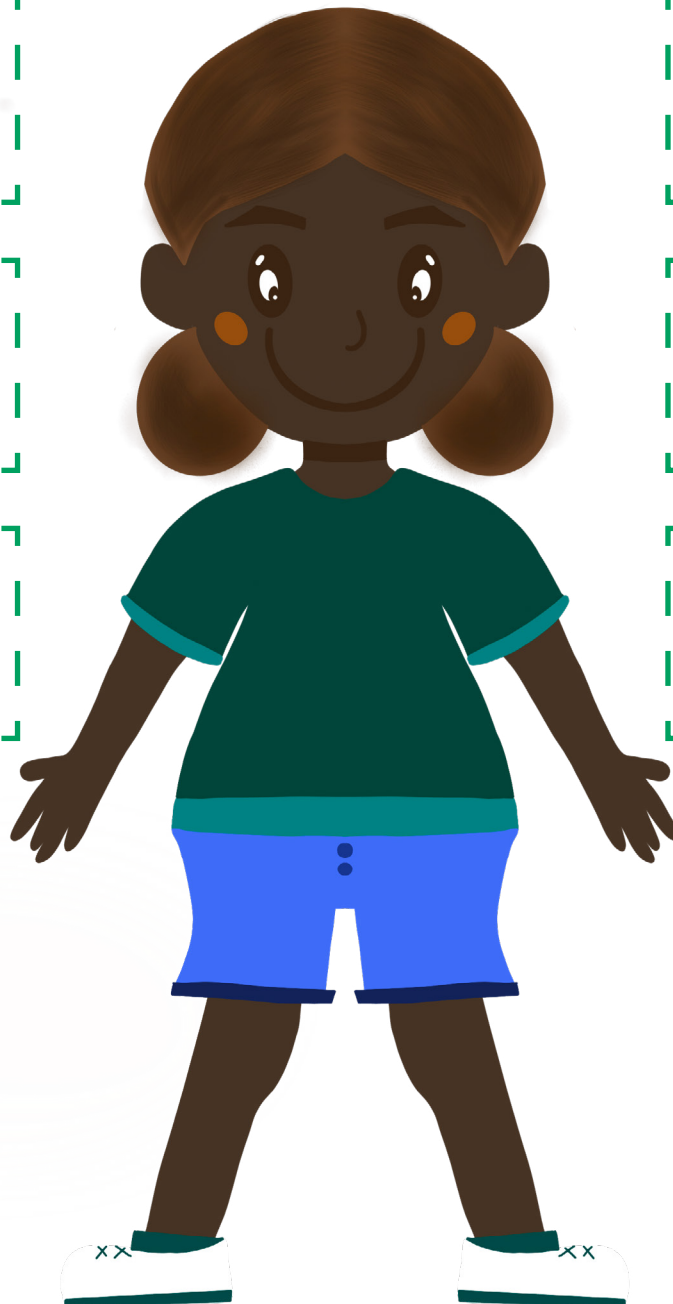
Legs

Shoulder

Arms

Hands

Face



This "Head to Toe" handout also appears in the "Family Engagement" section of *Heads In, Hearts In*.

Progressive Muscle Relaxation

Head to Toe Handout, continued

Toes

Feet

Belly

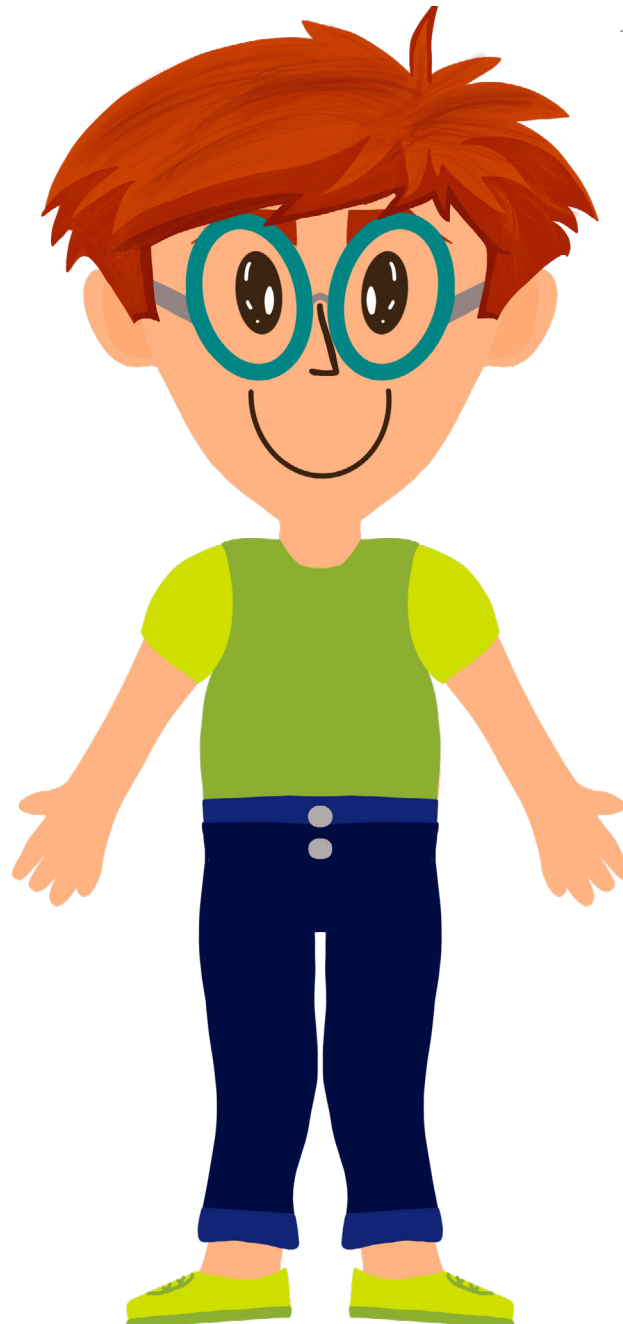
Legs

Shoulder

Arms

Hands

Face



This "Head to Toe" handout also appears in the "Family Engagement" section of *Heads In, Hearts In*.