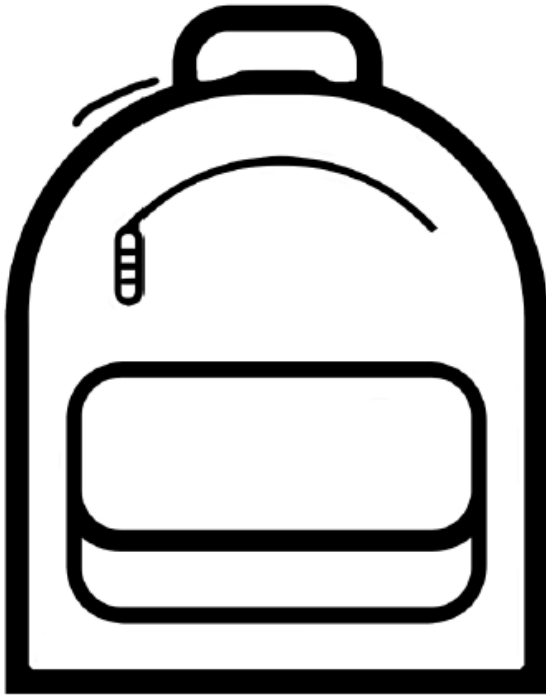


## Resilience Backpack



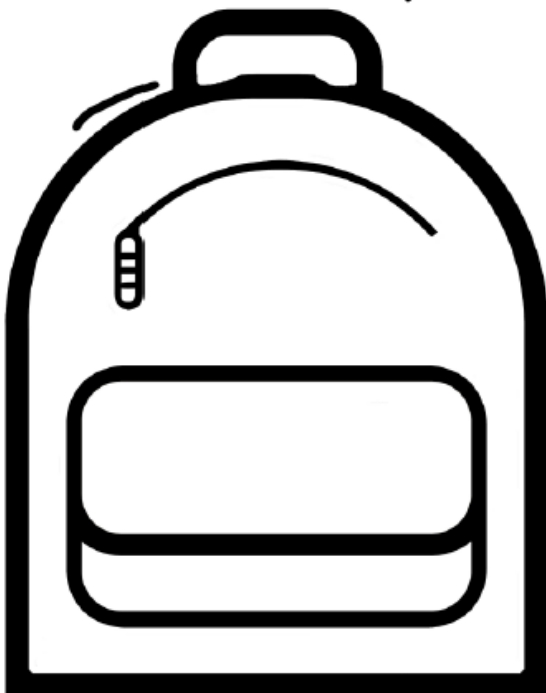
Norfolk Healthy Child Service  
School Health Team



for your information



## Resilience Backpack



Norfolk Healthy Child Service  
School Health Team



for your information



## Body Scan

Mindfulness Relaxation - Whole body

Sit or lay down comfortably. Tighten each of the following for 3 seconds, then relax. Move on to the next body part until you have worked your way through your whole body.



- Eyes and Forehead
- Mouth and Neck



- Hunch your shoulders up
- Upper arms



- Lower arms and fists
- Tummy - push out



- Tummy - pull in
- Tense bottom muscles



- Upper thighs and knees
- Lower Legs

- Relax your whole body

## Calm down with take 5 breathing



## Body Scan

Mindfulness Relaxation - Whole body

Sit or lay down comfortably. Tighten each of the following for 3 seconds, then relax. Move on to the next body part until you have worked your way through your whole body.



- Eyes and Forehead
- Mouth and Neck



- Hunch your shoulders up
- Upper arms



- Lower arms and fists
- Tummy - push out



- Tummy - pull in
- Tense bottom muscles



- Upper thighs and knees
- Lower Legs

- Relax your whole body

## Calm down with take 5 breathing

