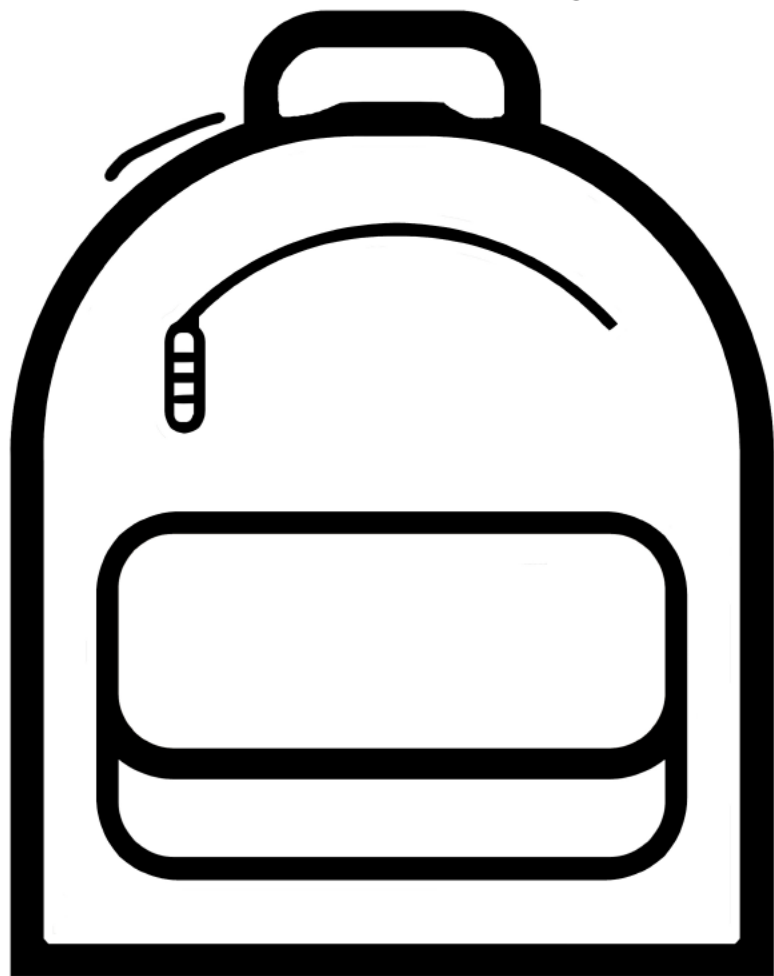


Resilience Backpack



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

1. Stretch your hand out like a star



5. Put it together and breathe in as you slide up and breathe out as you slide down. Keep going until you have traced your whole hand.



2. Get your index finger ready to trace your fingers up and down



3. Slide up each finger slowly - slide down the other side



4. Breathe in through your nose and out through your mouth

