

Theme: You

Educational Resources: 7-12

Activity: 5 Minute Relax

Subject: Any

Prep Time: None

Activity Time: 5 minutes

Activity Description:

Direct Instruction – Teachers will give students 5 minutes to take time for themselves. Explain that a way to take care of YOU in the middle of a busy day doesn't need to be something big. It can be finding 5 minutes to relax. Those 5 minutes can give you a new mindset or energy level that will make your day more productive and happier.

Teachers may choose a relaxation strategy or give the students a choice. Maybe this means students lay their head down and think, or listen to relaxing music, or take a few deep breaths to let some stress out. There are numerous 5-minute breathing exercises available on the internet that provide wonderful stress relief. Teachers may play relaxing music and images. Some options include:

<https://www.youtube.com/watch?v=IFcSrYw-ARY>

<https://www.youtube.com/watch?v=wKg71lcs5Nw>

Teachers may choose to show a breathing exercise technique video. Some options include:

<https://www.youtube.com/watch?v=tEml1Znux58>

<https://www.youtube.com/watch?v=OXjLR4mXxSk>

Group Discussion –

Ask students to explain to the group how this exercise made them feel after they completed it. What did they notice about their mind and body?

Partner Activity –

Individual Activity –

Give the students time to do whichever relaxation technique that was decided upon.

Outcome Measurement:

Simply ask students to show a thumbs up, middle or down to indicate how effective this activity was at helping them relax for their health.

Sources:

SevenDays[®] Inc.

YouTube www.YouTube.com

Aligns with Kansas State Standard:

- Social Emotional Character Development Standards, Character Development Model Standards
 - Character Development – Core Principles
 - Personal Development – Self-Awareness and Self-Management

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****Disclaimer: The lesson plan above should be adapted to your class- grade level, knowledge base, time restrictions, class make up, etc. Only use what works for your situation.**