## TEMPLATE FOR PRACTICE WITH PUPILS

TITLE: **Body Scan**

**OBJECTIVES:** **SUGGESTED AGE GROUP**: all ages

1. Improves concentration and learning.
2. Reduces stress, anxiety and depression.
3. Improves creativity.
4. Emotional regulation and care.
5. Corporal awareness.

**WHEN TO IMPLEMENT THE PRACTICE DURING DIDACTIC PROCESS:**

It can be done at any time. Is a good practice to become relax and could be nice to do it at the end of the day. It is a practice that con be integrated as a common routine in your daily life.

**METHODOLOGY:**

Mindfulness applied in the school environment.

**FORM OF WORK:**

It’s an activity done Individually and with the whole class.

**NEEDED MATERIALS:**

You can put some relaxing music on the back of the exercise, and use a meditation bowl to mark the beginning and end of the activity. The sound of the bowl will help to go back to the present moment and students will associated with the state of meditation.

**DESCRIPTION OF THE ACTIVITY:**

**1) Lie down on your back in a comfortable position, on top of a blanquette or a matt.**  Let your legs and your arms relax on the sides of your body and close your eyes.

**2) Take 3 slow and deep breaths.** Connect with your body while you are breathing, feel how your belly or chest moves up and down, you can out a hand on top to feel the changes in your body while breathing.

**3) Focus your attention in your feet: how are your feet? Can you feel them? Are they relaxed? How is there temperature in your feet?** It’s also okay if you feel nothing at all. Put your intention in relaxing your feet and put a smile on them and thank them for all that they are able to do for you, walk, jump, move. Thank your feet both feet. If your mind gets distracted, is perfectly ok, just get back your attention to your feet again as you realize. There is nothing to do, no where to go, nothing to worry about, just rest on the floor and feel how it’s holding your entire body, hoe you can rest on the surface and feel the soft and gentle touch with the floor.

**4) Now we are going to put or attention on our legs, feeling them. What is their temperature?** Are they relaxed or tense? Feel how they are touching the blanquette and the pressure to the floor, fell your knees relaxing, letting them rest on the floor that are holding them. Make a smile with your face to your legs and your knees and thank them for all they do for you, they enable you to walk, to jump. Now you can speak to them and tell them you are grateful for all they do for you.

**5) Now move your attention to your belly.** Feel how is your belly, is the place where we have a lot of emotions. It normally moves up and down when you breathe, like the waves of the sea, coming up and down. You might feel like full or hungry, or something else, just let it be, whatever it is that is happening and breath it. Smile to your belly and thank it for all that is doing for you, all the organs that enable you to eat, digest, detox the body.

If you get distracted and cannot focus, that’s normal and it’s perfect as it is. Gently practice coming back again and again to how your chest and feel you breathe coming in and out.

**6) Now, bring your attention to your chest.** Feel the connection with your breathing, with the movement of your chest going up and down. Feel the air coming in and out of your lungs, your heart beat…

**7) Now turn your attention to your hands.** Feel how they contact the floor, you don’t have to do anything, just let them relax on the floor, let the floor hold them and Let them relax. Now smile to your hands, put a big smile on your face and thank your hands for all the things they do for you, eat with your folk, touch someone you love, hold a pencil, etc

**8) Move your attention into your arms.** And see if you can find a moment of stillness at the end of your breath. Feel your arms, if there’s any tension, if they are relaxed. And smile to your arms and thank them for all they do for you.

**9) Now go with your attention to your back. feel it touching the floor and notice how it rocks with each breath as a soft caress.** If you mind goes somewhere else, it’s perfectly ok, the mind normally does this, just go back to your back again. When ever you feel your mind gets busy or worried you can take it back to your body, and the mind will get relaxed in the present moment.

**10) We go upwards to our neck and shoulders. Just by putting our attention on them we help them to get more relaxed. Help your neck and shoulders to relax, the hold so much all through the day. Give them a smile, and thank them for all they do for you during the day. They hold straight all your back and your head, take a moment to be grateful to them.**

**11) Now feel your face and your head.** Ow is your facial expression, do you feel relaxed? Relax your eyes, your mouth, your chicks. And give a smile to your head and face, and thank them for all they do for you. You can smile, eat, see, speak, think. Realize all you receive from them.

**12) Now pay attention to your whole body.** Check how your whole body is feeling right now. And accompany your breath coming in and out of your body. feel the gratefulness of having a body, if you don’t feel it, is also ok. Just let these words come into you.

You can **start to move your hands slowly, your feet, respecting the time your need for doing so time. And you can start opening your eyes when your feel ready, and slowly star to come back to a sitting position.**

**HOW TO EVALUATE THE ACTIVITY:**

The level of relaxation before and after the practice.

You can measure the pulsations before and after the practice.

**COMMENTS FOR IMPLEMENTATION** (if possible) – can be gathered after piloting period.

* **Please add additional materials if needed, such as: schemes, templates or sth else if your activity requires it.**
* **Please add illustration if you have it. It can help to understand your idea   
  by readers.**