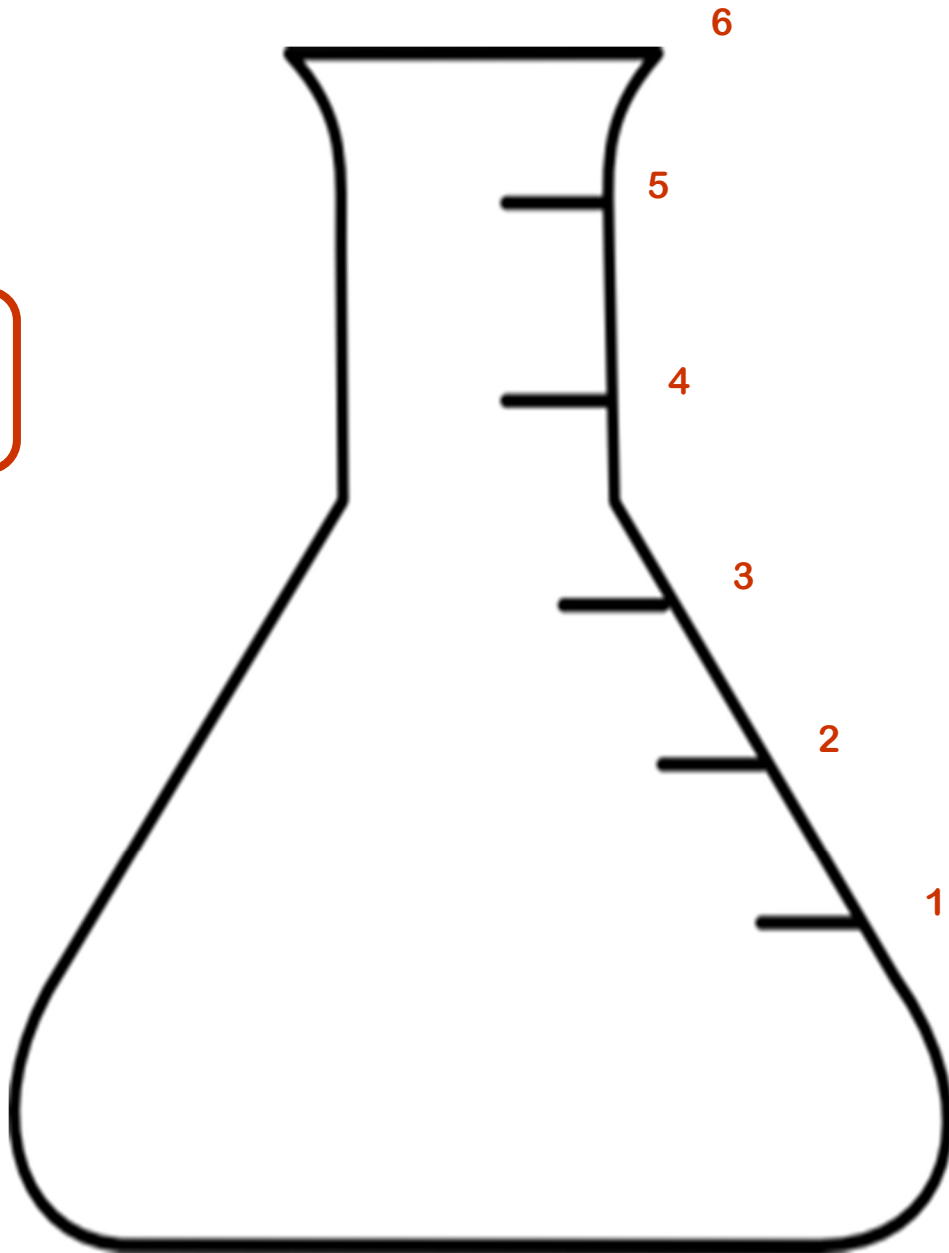


# BEAKER CHECK-IN

How full is my beaker right now??

Fill in the beaker to show how full it is.

Write your  
beaker level  
here

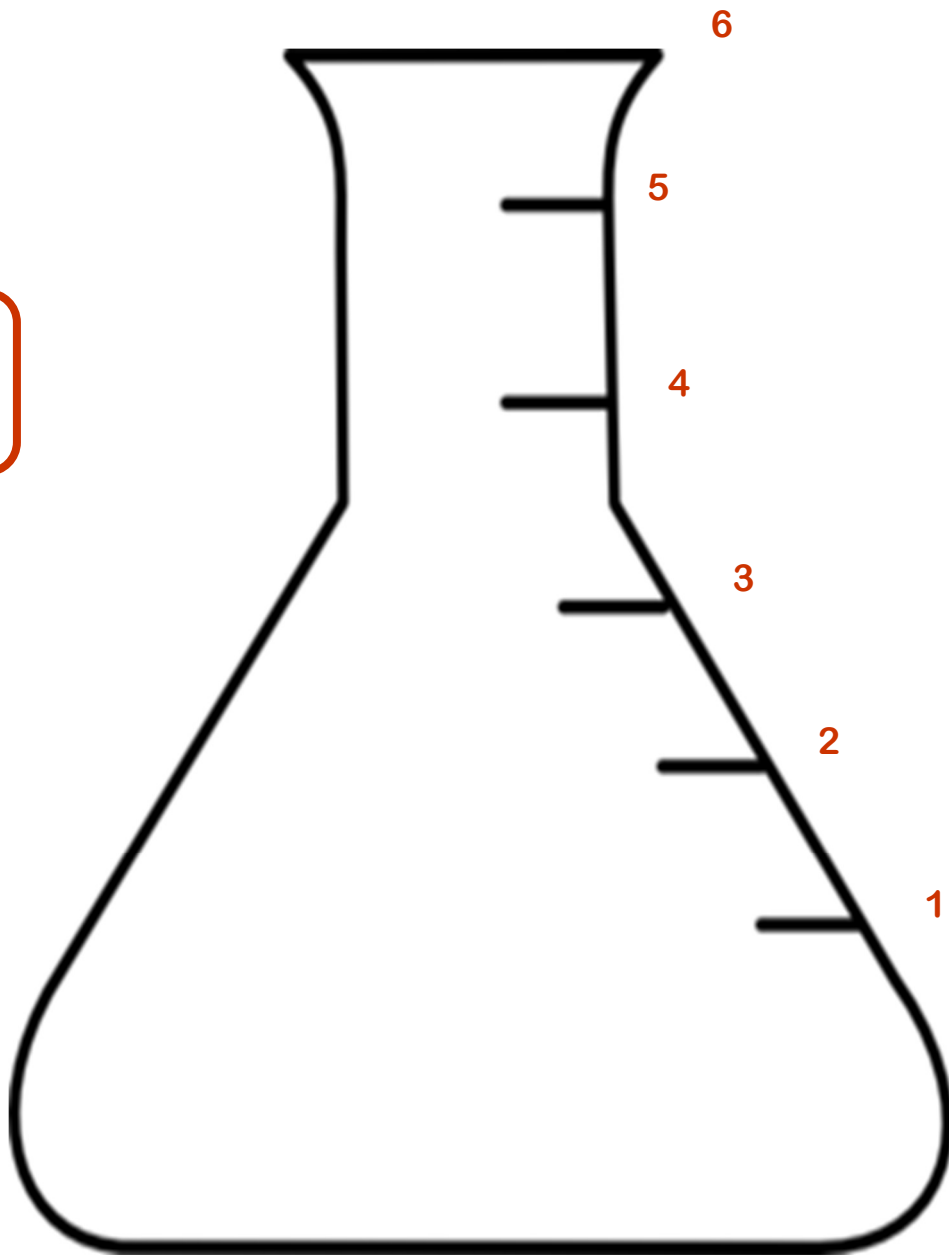


# BEAKER CHECK-OUT

How full is my beaker right now??

Fill in the beaker to show how full it is.

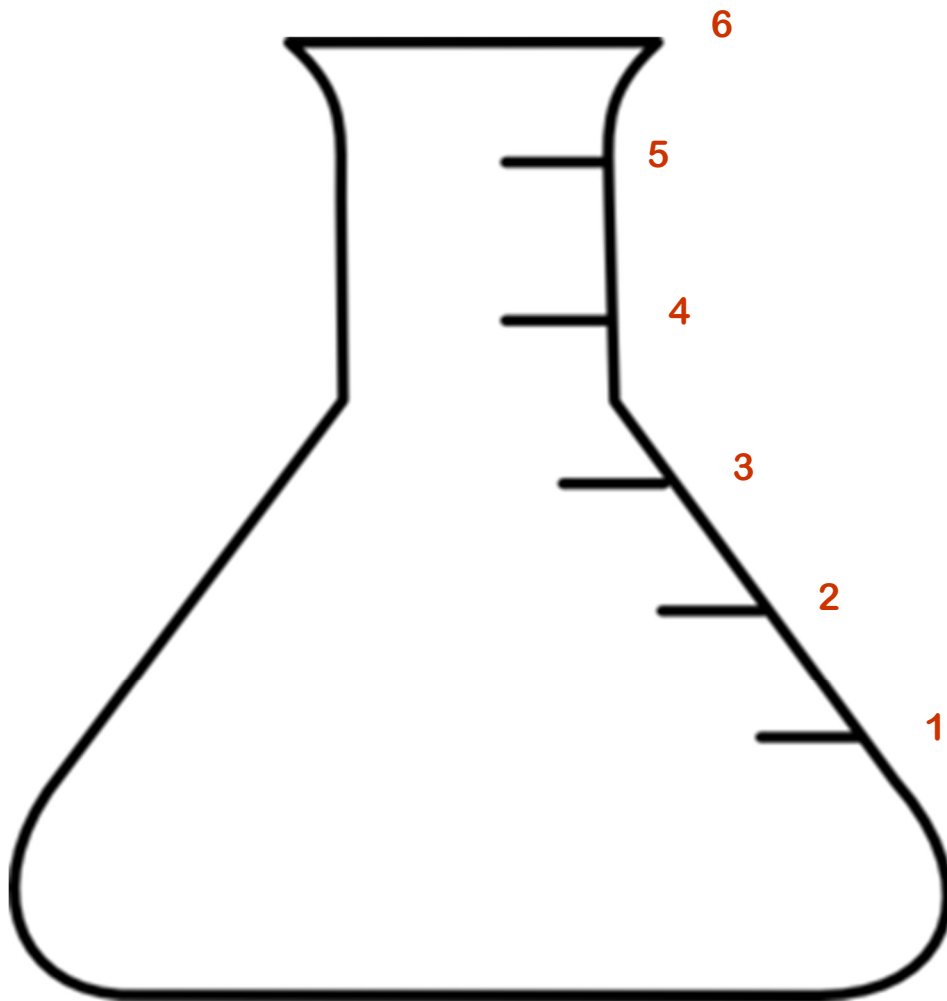
Write your  
beaker level  
here



## MISSION 1: BEAKER WATCH

How full is my beaker right now???

Fill in the beaker to show how full it is.



Write your beaker metre score for each day this week

Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	-----	-----	-----	-----	-----	-----

## RELAX YOUR BODY

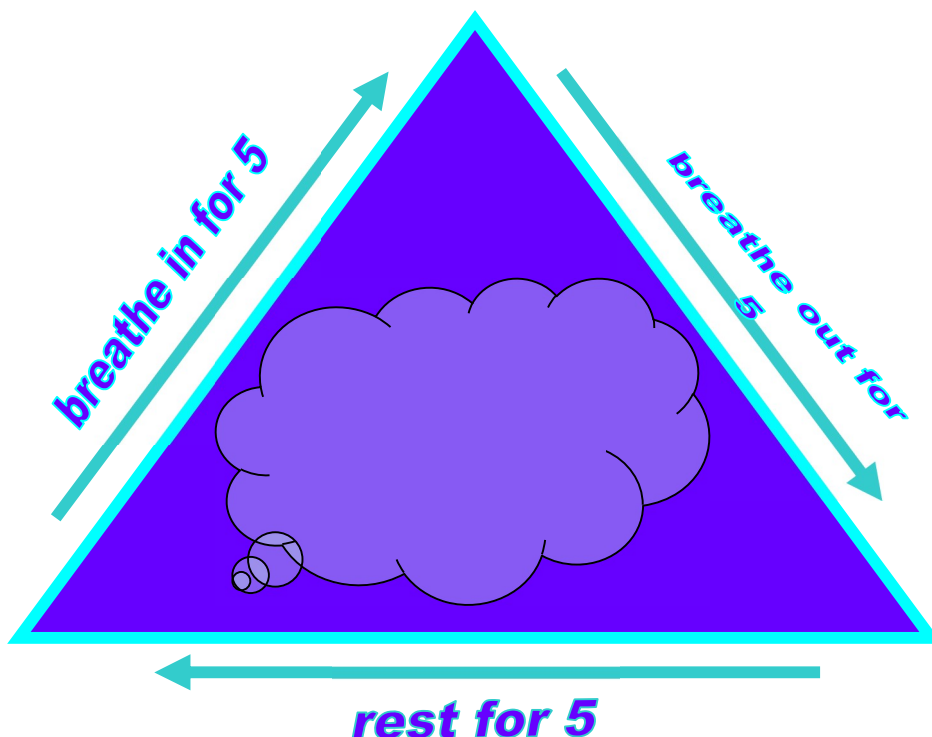
### BELLY BREATHING

When we are tired, stressed, distracted, rushed, or nervous, we tend to restrict our breathing to high into the narrow and tight upper chest. This actually builds tension around the jaws, shoulders, and throat, and means we end up using far too much muscle energy for what ends up being very little oxygen in return. Belly Breathing is a quick and easy way to relax because it returns your breathing to the lower part of your lungs.

- Lie on your back with your feet flat on the floor, knees bent at 90 degrees, hip-distance apart; eyes can be open or closed. Lay one hand, palm down, just above your bellybutton. Imagine that there is a balloon under your fingertips. Now place the other hand, palm down, on your chest, near your heart.
- As you inhale slowly, imagine the “balloon” in your belly filling with air and allow your hand to rise as it inflates. There is no need to overfill because you take in lots of air without much effort when you breathe this way into your lower lungs.
- Now exhale slowly, allowing your belly to sink down toward the floor and curved like a valley between your hips and your ribcage.
- As the air moves in and out of your “balloon”, notice that your lower hand will rise and fall as your belly fills and empties, but the hand on your chest shouldn't move at all.

It takes just a little practice in the beginning, but, yes, you **can** do this because you always breathe this way when you sleep. Continue for as long as you are comfortable and focused.

### BREATHING TRIANGLE



# RELAX YOUR BODY

## QUICK MUSCLE RELAXATION

This is a short muscle relaxation exercise you can do when you want to relax quickly. It takes about a minute, but you can repeat the exercise as often as you like.

### STAND UP OR SIT UP STRAIGHT AS TALL AS YOU CAN.

Roll your **shoulders** forward... and now roll your shoulders back. Repeat.

Stretch your **arms** out, then up, and stretch your hands wide open, reaching up above your head. Spread your fingers wide. Reach your arms high. Now relax your hands and lower your arms. Lower your shoulders, away from your ears. Ease your shoulders back slightly. Let your shoulders relax. Repeat.

Clench your **hands** into fists... hold... and release. Spread your fingers and release. Shake your hands. Repeat.

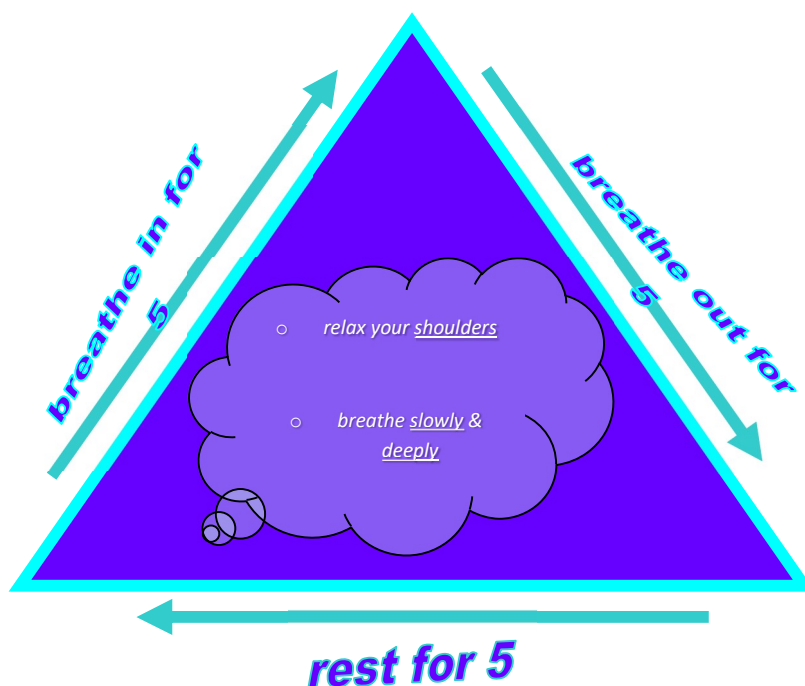
Now, clench your teeth... hold ... and then relax your **jaw** by dropping the lower jaw slightly. Wobble your jaw from side to side, and then relax. Make sure your teeth aren't touching. Repeat.

Now count silently as you breathe deeply into your belly:

Inhale... two, three, four, five ...

Exhale... two, three, four, five ...

Pause... two, three, four, five ...



# RELAX YOUR BODY

## FULL BODY RELAXATION EXERCISE FOR CHILDREN

Relaxation is an important strategy for dealing with stress, but sometimes being told to relax or “chill out” is easier said than done. Once we are really revved up about something and our engines are at full throttle, it takes a while for our bodies to move back into a neutral and cruise at a relaxed state.

### Relaxation Exercises Teach Us Four Things:

- **First, the exercises teach us to identify stress in our body.** You will learn to tense and relax various parts of your body that often respond to stress with increased physical tension. By doing so, you will learn how to recognise when you are stressed and where in your body the stress is affecting you, and also recognise the relaxed feeling that you want to attain in order to return your body to a less agitated state.
- **Second, you will learn that you have control over the stress in your body.** You have the power to change a tense state into a relaxed one.
- **Third, you will learn how to achieve relaxation** through relaxation exercises that take about 20 minutes to complete. However, it is not always practical to stop a stressful activity to take 20 minutes to relax! So, you will also be learning strategies that you can use “on the spot” to achieve a relaxed state instantaneously. These strategies include using deep breathing, doing a full body check for tension and relaxing parts of your body that are stressed, and using visualization scenes that create sense of calmness and peace.
- **Finally, relaxation allows us to think about our problems more clearly.** You will learn how to use a relaxed state to help you think about troublesome situations such that you can come to some resolutions.

## INSTRUCTIONS

All children should lie on their backs on a mat in a large room such as a gym. There should be plenty of space between students. Arms should be by their sides.

Begin with two deep breath and long exhales. Exaggerate the exhales. Terms such as, “making ghost’s sounds” (wooooooo) can help students recall the exhales should be long and exaggerated.

*Take a deep breath (hold) and exhale (wooooooo)*

*Take another deep breath, hold it, and exhale (or make ghost sounds) (wooooooo)*

*In your right hand, imagine you have a bright shiny lemon. Now, squeeze that lemon. Feel the tension in your arm and your hand. Hold that tension. Now, relax. Let your whole arm and hand go limp like a wet piece of spaghetti. Imagine the tension in your hands flowing from your arm, through your fingers, and out your fingertips*

*Take a deep breath (hold) and exhale (or make ghost sounds) (wooooooo)*

*Now, in your left hand, imagine you have a bright shiny lemon. Now, squeeze that lemon. Feel the tension in your arm and your hand. Hold that tension. Now, relax. Let your whole arm and hand go limp like a wet piece of spaghetti. Imagine the tension in your hands flowing from your arm, through your fingers, and out your fingertips.*

*Take a deep breath (hold) and exhale (or make ghost sounds) (woooooo)*

*Now, with your right arm, I want you to make a big bicep muscle; show how strong your muscles are! Hold it! Now relax. Let your arm relax like a wet spaghetti noodle, all the way from your shoulder down through your elbow through your wrist and down to your fingertips. All the tension is now gone. Feel how nice it is for your arms to be without any tension.*

*Now, with your left arm, I want you to make a big bicep muscle; show how strong your muscles are! Hold it! Now relax. Let your arm relax like a wet spaghetti noodle, all the way from your shoulder down through your elbow through your wrist and down to your fingertips. All the tension is now gone. Feel how nice it is for your arms to be without any tension. Recognize that you are in control of the tension that is in your arms and hands.*

*Take a deep breath (hold) and exhale (or make ghost sounds) (woooooo)*

*Imagine that you have a great big gumball in your mouth and that you are biting down on it. Feel the tension in your mouth and your jaw. Feel the tension all over your face. Hold it! Now, relax. Now, imagine that your mouth is now full of soft yummy Jell-O. Your whole face is relaxed, just like someone just wiped your face with a nice warm washcloth. You have no wrinkles on your forehead. Your whole face is smooth and relaxed. Remember to also keep your arms and hands relaxed as they were before.*

*Take a deep breath (hold) and exhale (or make ghost sounds) (woooooo)*

*Imagine that you are a little turtle, sunning yourself on a warm rock. Oh oh! Here comes danger! A mean looking alligator is coming your way! Go into your shell! Bring shoulders up to ears and chin down to chest. Feel the tension in your shoulders, back, and neck. Hold it! Now relax. Let your shoulder rest on your mat. Let your neck and back relax. Imagine one of those dogs' statues with the bobbing heads. Imagine that your head and neck are that loose. Remember to relax your face, arms, and hands as you did before.*

*Take a deep breath (hold) and exhale (or make ghost sounds) (woooooo)*

*Now that you look so relaxed and comfy on your mat, imagine that a baby elephant has come into the gym and is making his way toward you. OH NO, I think that he is going to stomp on your stomach. Make your stomach really hard so he can't hurt you. Hold that tension in your stomach. Now relax. Let your stomach go soft and sink into the mat. Imagine that you are sinking into a wonderful soft cloud. Your stomach, shoulders, and neck are all relaxed. Your arms are hanging by your side like wet noodles. Your face is relaxed without any wrinkles and your jaw feels like Jell-O.*

*Take a deep breath (hold) and exhale (or make ghost sounds) (woooooo)*

*Wee! We just sat on some ice. We have to lift our bums off the mat. Feel the tension in your bum and in your back and in your legs. Hold it! Now, relax. Imagine that you are back on that soft, fluffy cloud and that your whole body is sinking into to a deep state of relaxation. Your bum and stomach and back are totally relaxed and sinking into the mat. Your jaw and forehead are relaxed. Your shoulders, arms, and hand are limp. You have the power to change feeling tense to feeling relaxed and comfortable.*

*Take a deep breath (hold) and exhale slowly (or make ghost sounds) (woooooo)*

*Wow! At the end of your toes, imagine there are candies hanging on strings. See if you can catch them with your toes. Stretch the legs out straight like trying to grab something with toes. Hold it! Now relax your legs. Relax your bum and your back as you did before. Imagine you are sinking into a big white mushy marshmallow! Your jaw is relaxed. You have no wrinkles on your forehead. Your arms and hands are totally limp, resting by your side.*

*Take a deep breath (hold) and exhale slowly (or make ghost sounds) (woooooo)*

*Now take a few minutes to imagine yourself sitting comfortably in your bed with your favorite blanket wrapped around you. You are warm and comfortable. You feel very relaxed and happy. Can you see some of the things in your room that help you to feel relaxed and comfortable? Keep your eyes closed and try to see them.*

*Take a deep breath (hold) and make ghost sounds (woooooo)*

*Now, we are going to go from this deep sense of relaxation to a nice big stretch. We'll count backward from 5 to 1. When we get to 1, you will have lots of energy, but you will keep this nice relaxed feeling. Five: you are totally relaxed. Four: begin to wiggle about a bit. Three: stretch your arms over your head. Two: slowly begin to stand up. One: Stretch your arms over your head. Bend from side to side and feel the relaxing stretch.*

*Good job.*





I need a  
**DETOUR!!!**



I need a  
**DETOUR!!!**



I need a  
**DETOUR!!!**



I need a  
**DETOUR!!!**

# WHAT EMPTIES MY BEAKER?

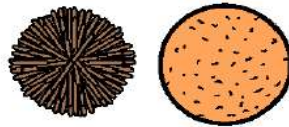
Tick all the ones you could do, or already do;

then put a star beside the 6 ones you most like to do

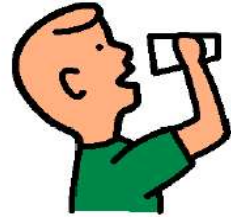
go for a walk



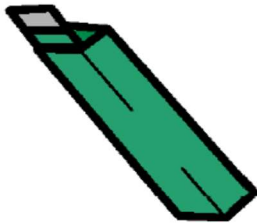
squeeze stress balls



special drink



chew gum



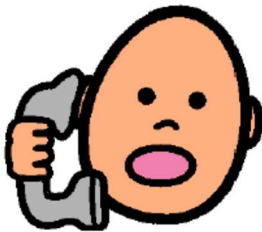
scream into a pillow



play cards



phone a friend



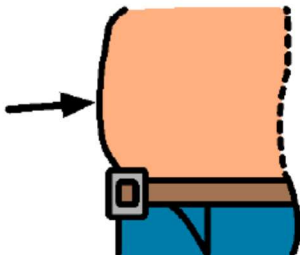
have a bath/shower



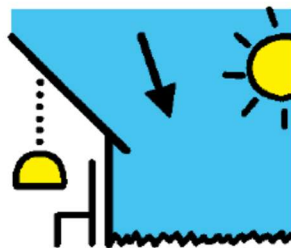
listen to music



take deep breaths



go outside



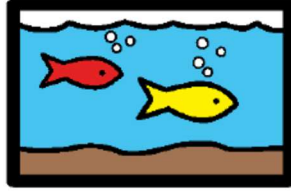
go to your bedroom



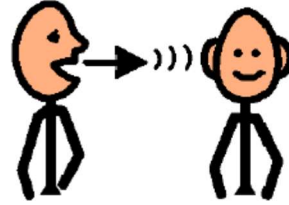
trampoline



watch your fish



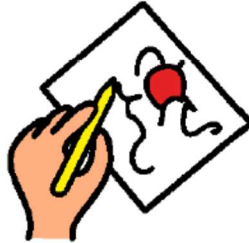
talk to Mom



Count to ten

10

draw/sketch



relax



read



play with a pet



play on the computer



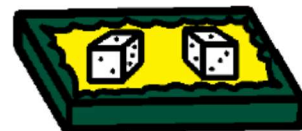
have a snack



build something



play a game



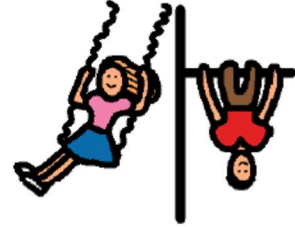
talk



dance



playground



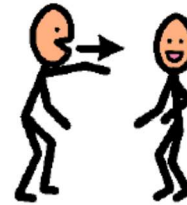
run



ice-skate



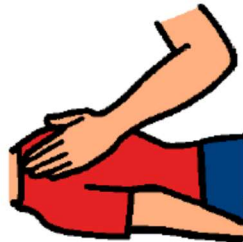
joke



nap time



massage



puppets



dramatic play

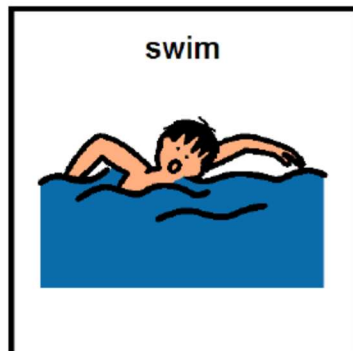
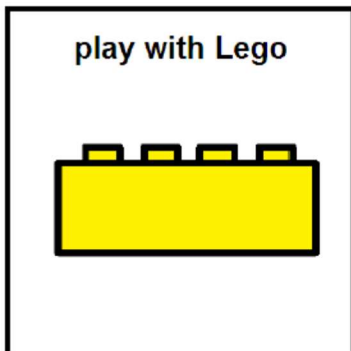
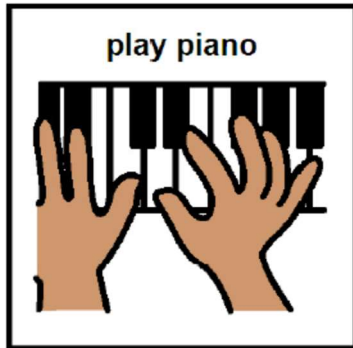
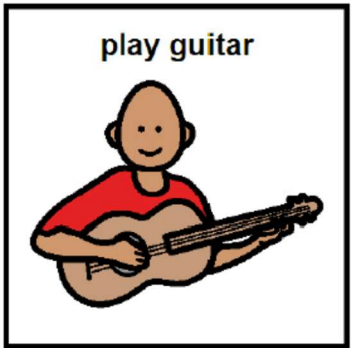
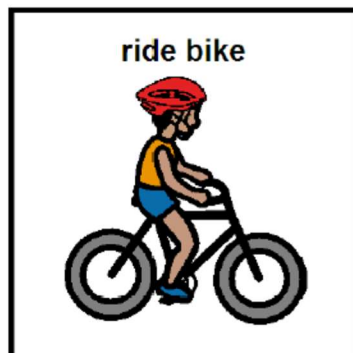
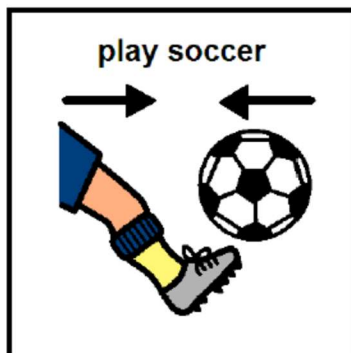
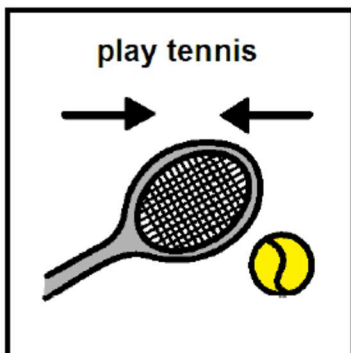
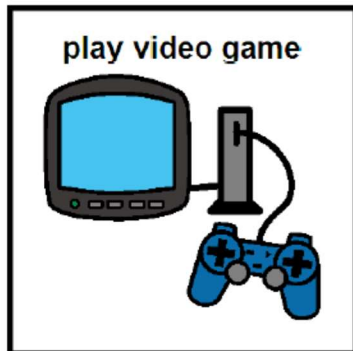
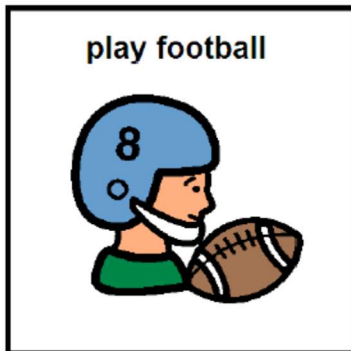
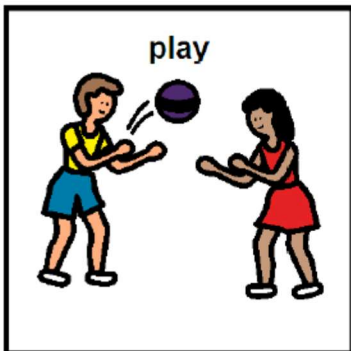


movie



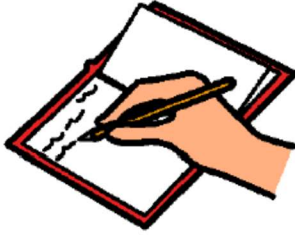
sit



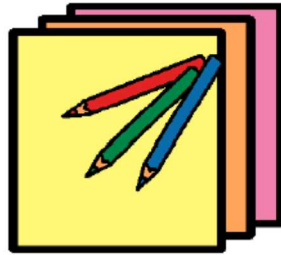




journal/writing



colouring



go for a hike



play basketball



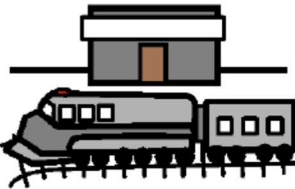
horseback riding



relaxation CD



play with trains



play with flashlight



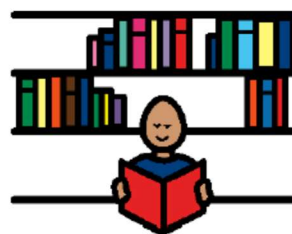
remote control car



play with cars/trucks



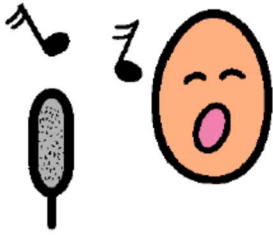
go to library



walk dog



sing



skateboard



roller-blade



give me a minute



exercise



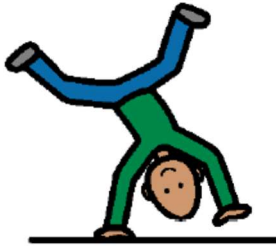
rake leaves



read me a story



cartwheel



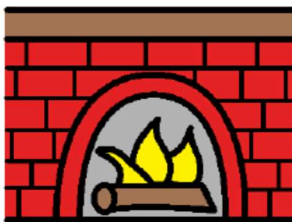
jump high



go to karate



fireplace



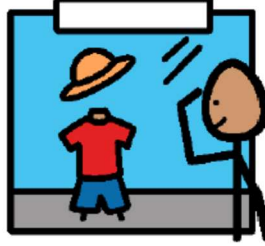
play in sand



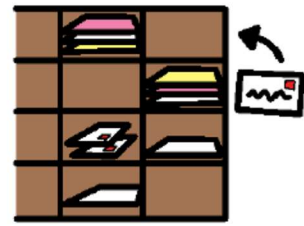
finger-paint



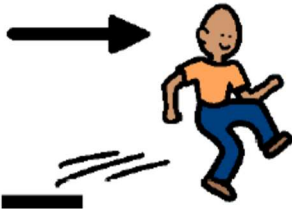
window shopping



organize



skip



brush / comb



write a letter



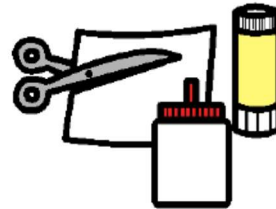
clean up



computer game



cut & paste



crafts



swimming pool



water flowers

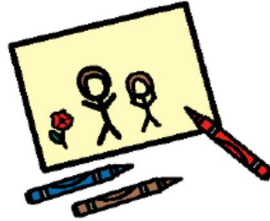




IPod



Drawing



scrapbook



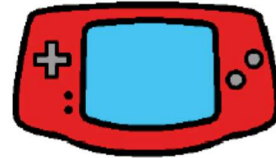
Stuffed Animals



Play Doh



Gaming



Talk to Grandma



Talk to Grandpa



Use Plan B



