

BODY SCAN

Introduction – Modeling:

We are going to practice a Calm Classroom technique today called “Body Scan.” You will be holding your body still as you pay attention to how different parts of your body feel. For example, bring your attention to your feet and see if you can feel them without moving them. *[Teacher waits for five seconds.]* You will be relaxing and noticing how each part of your body feels as I guide your attention to it.

Technique Start:

We are going to practice “Body Scan.”

Rest your head on your desk or sit up straight and comfortably in your chair.

Close your eyes.

Feel your feet flat on the floor.

Feel the air moving in and out of your nose.
[Wait 10 seconds]

If you notice any thoughts passing through your mind, let them float away.

Without moving them, feel and relax your feet.

Bring your attention to your legs. Relax your legs.

Move your attention to your belly. Relax your belly.

Notice your lower back. Relax your lower back.

Bring your attention to your shoulders. Relax your shoulders.

Feel your arms, hands, and fingers relaxing.

Feel your jaw, eyes, and forehead relaxing.

Notice your whole body.

Let your whole body relax.
[Wait 20-30 seconds]

Now, slowly wiggle your toes.

Slowly wiggle your fingers.

BODY SCAN (cont.)

Keeping your eyes closed, gently sit up straight and comfortably in your chair.

Now, take a deep breath in, hold and exhale slowly.

Notice how you feel.
[Wait 10 seconds]

Slowly open your eyes.

