

	Lesson plan/Activity	Resource	Facilitated Questions/Plenary
<p>Lesson 2 - What is Relaxing?</p> <p>Session Objectives / Key teachings:</p> <ul style="list-style-type: none"> • Introduce games/fun as a way to prepare the class to ANCHOR & RELAX. • • Become familiar with what Relax feels like in the body and mind. 	<p>Play Video 2 - What is Relaxing?</p> <p>Invite the class to play a game to help get their minds and bodies in the best possible mood to RELAX. Start with a simple but fun name game to help concentration.</p> <p>Exercise 1: John John John</p> <p>Play this game until at least half the class has had a chance to call out names.</p> <p>Like Stephen and Rachel, let's learn something about how you like to Relax.</p> <p>Exercise 2: Tell the children you want to find out how they like to RELAX by playing this game.</p> <p>Name & Action: Each child will in turn say their name and act out their way they like to RELAX.</p> <p>Exercise 3: Ask the children to finish this sentence: (5 mins) You can offer examples to start with.</p> <p>"I like to Relax WHEN...."</p> <p>"I like to Relax WITH...."</p> <p>Listen to all the responses, then ask children to finish these sentences:</p> <p>'My Body feels _____ when relaxed.</p>	<p><i>Activity</i> - John John John</p> <p><i>Activity</i> - Name & Action</p>	<p>Q. Tell me what you have learnt about what you and others like to do when relaxing?</p> <p>(Variety/active/passive relaxation)</p> <p>Q. How many ways can you Relax?</p>

'My Mind feels _____ when relaxed.

END of LESSON 2.