

Relaxation Script for Teens

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TARGET AGE: 12-17 year olds

APPROXIMATE TIME: 5-10 minutes

TIPS:

- Dim or turn off the lights
- Use a natural, calm voice
- Read the script clearly and slowly
- Pause frequently, provide time for teens to shift their focus and relax deeply
- If using background music choose something calming without lyrics and play at a low volume



A COMFORTABLE POSITION

Invite teens to lie down on their backs, legs extended along the ground, hands at their sides with palms turned up OR sit comfortably with feet flat on the floor, resting hands loosely in their lap.

RELAXATION SCRIPT

Begin by focusing on your breath. Inhale and exhale. Breathe deeply in...breathe slowly out.

Enjoy being here in the present with no demands on your time or energy.

Take a long, slow, deep breath in...hold for a moment, and slowly exhale. Continue with slow, calm breaths, allowing your body to soften into the ground a little deeper with each exhalation.

Bring your awareness to your toes and feet. Imagine a warm, soothing sensation spreading from your toes down the arches of the feet and into the heels and ankles. Let go.

Invite the shins to sink down into the calves as the calves connect with the earth. Release any tension in your knees. Relax the back of the knees, the sides of the knees, the top of the knees. Feel your entire leg relaxing, growing heavy and sinking deep into the ground.

Soften your belly. Feel the warmth gently spreading outward filling your torso. Bring your attention to your heart. Allow your chest cavity to expand providing space for your heart and lungs to perform their proper function.

Broaden across your collar bones. Allow the shoulder blades to sink down the back as your arms grow heavy. Release any tension in your elbows and wrists. Relax each and every one of your fingers.

Focus on the base of your throat. Lengthen the back of the neck. Feel the warmth spread into your jaw, cheeks and forehead. Allow the inside corner of your eyes to sink down and the outer corner of your eyes to pull wide.

Relax the crown of your head.

As you inhale imagine the breath beginning in the soles of your feet, gently coming up through the legs, torso and all the way to the crown of your head. Exhale and allow the breath to flow down your body, down the legs and out the feet. Again, breathe from the soles up your feet, up the body, finally reaching the crown of the head. Then gently descend down, as the breath carries away any lingering tension out of the body through the feet.

Enjoy this feeling of peaceful relaxation.

Continue with this whole body breathing scan in silence for a few moments.

(Allow teens to rest for 1-5 minutes depending on time available.)

RETURNING TO WAKEFULNESS

Inhale deeply, exhale slowly with an open mouth sigh. Once more. Inhale filling your lungs completely. Exhale with an open mouth sigh.

Reach your arms overhead and give a good morning stretch.

In your own time make your way back to a seated position feeling calm, refreshed and relaxed.