



# Body Scan Exercise

## Aim

To introduce students to the body scan exercise which can increase physical and emotional awareness to enhance relaxation and focus.

## Facilitator Resources

Facilitator script or an audio recording.

**Audio resource:** The audio resource (15 minutes) is located on the Thrival Kits website ([thrivalkits.ca](http://thrivalkits.ca)) in the Facilitator Login area under the Facilitator Materials tab. If you have any questions about how to access the audio resource, you can email: [YouthMentalHealthPromotion@cmhawpg.mb.ca](mailto:YouthMentalHealthPromotion@cmhawpg.mb.ca).

## Student Resources

Journal.

## Activity

- Students can sit at their desks or tables, or they can create a sitting circle on the floor.
- The Facilitator reads the script, (or plays the audio clip) while students follow the instructions.

## Facilitator Script

- Today we are going to practice an activity called the body scan.
- Take a few moments to notice how your body breathes.
- Slowly take a big breath in, and slowly let it out. Let's practice relaxed, slow breathing for a few minutes.
- Again, take a big breath in, and let it out very slowly.
- Now focus your attention on any sensations present in the big toe of the left foot; wiggle it at first if necessary.
- Perhaps noticing sensations of touch or pressure where the toes make contact with one another or the shoe or the ground.