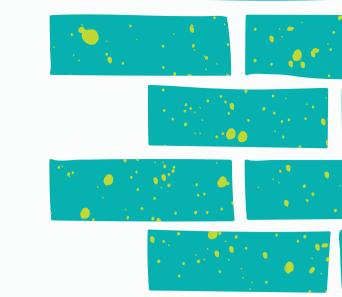




Body Scan Exercise



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) 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.

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.



