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15SEND-ASD

Activity created by



www.timeoutcalderdale.co.uk

BODYSCAN

Relax

Sit or lie down - whatever you prefer

Take three deep breaths in and out

Scrunch your toes...

wait a few moments... then let go and relax

Tighten your thighs...

wait a few moments... then let go and relax

Make your hands into fists...

wait a few moments... then let go and relax

Bring your shoulders up to your head...

wait a few moments... then let go and relax

Scrunch your face tight...

wait a few moments... then let go and relax

**Take three more deep
breaths in and out**

Notice how your body feels

Try this every day