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15C9

Activity created by



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**BODYSKAN**

**Relax**  
**Sit or lay down**  
**Take a few breaths in and out**

**Scrunch your toes... then let go and relax**

**Tighten your thighs... let go – relax**

**Make your hands into fist... let go – relax**

**Bring your shoulders up to your head... let go – relax**

**Scrunch your face tight... let go – relax**

**Take a few more breaths in and out**

**Notice how your body feels**

**Practise  
every day**

**Before bed is a  
good way to relax  
before falling  
asleep**