

## **World Mental Health Day**

### **Solent Mind- Relaxation Lesson Plan**

To use alongside the Relaxation workshop.

To begin ready slides 2-7 asking the class whether they agree and are familiar with the information. 4 mins

Next ask them to get comfortable and they are going to take part in some deep breathing. Read out slide 8 slowly and repeat 4 times with them. They may say it feels a bit weird doing this which is a normal sensation. 5 mins

Moving on to slides 9 and 10. This is a Body Scan. Ask them again to be comfortable and close their eyes, then using the sequence, go through the body scan slowly, making sure they feel every part of their bodies. This should take 7-10 mins

On slide 11 have the class take out a pencil case/penny from their bags. Read out the slide and get them to slowly look at the object and focus on all of its elements. 10 min

Slide 12 is Square breathing. Follow the slide and use the board shape to follow the lines. Show an example then do this 3 times and ask them to concentrate on their breathing. 5 min

Slide 13 and 14 is Visualisation. The students can close their eyes and use their imagination as you read both slides out to the slowly getting them to think about what they see/hear etc.. This should help them relax and stop focusing on negative things. 7 min

Then the last few slides 15, ask the students to tell you which technique they would use or even try which may help them in certain situations and emphasise how important it is to look after your mental health and wellbeing especially in this difficult time. It's good to switch off especially away from their mobiles and electronic devices before bed, so relaxation is the best thing to do to help with sleep. 5 min

Slide 16 is for sign posting so if you had some spare time please explore these websites to see how they can help. You can even ask them if they have any websites/books they find useful to share with the class. 1 min or more if you have time