



5th & 6th Class  
SPHE



## Time Out

Now that Clíona has shown you some relaxation techniques to help with worry and tension, try to take at least 10 minutes every day this week to practise your breathing. Be sure to find a regular time and a quiet place to focus. Your health and well-being are important, particularly during this strange time.

*Slow down*



**01** Sit quietly on a chair with your feet on the floor and eyes closed (if you feel okay closing your eyes).

**02** Bring your attention to your body.

**03** Notice how the chair supports your body and notice your breathing.

**04** Notice the air coming into your body, through your nose and down into your lungs.

**05** Notice how your chest and tummy slowly rise and fall with each breath.

**06** Bring your attention to your left hand. Wriggle your fingers then make a fist. Hold it tight for 3 seconds then let it go. Do the same with your right hand.

**07** Tighten your right foot and hold for 3 seconds then release. Do the same with your left foot.

**08** Tighten your shoulders. Hold them. Notice how much energy it takes to hold them. Now relax.

**09** Bring your attention to your face. Tighten your face, clench your jaw and hold it for 3 seconds, then relax...





## Time Out

- 10** Focus on your breathing again. Your chest is rising and falling. Breathing in and breathing out.
- 11** Let any tensions that might be left in your body go out with your breath.
- 12** As you breathe in, imagine your body being filled with warmth and relaxation. Do this for around 30 seconds then focus on your breathing again.
- 13** Gradually start to focus on the noises in the room.
- 14** Slowly open your eyes.



## Worry Box

Using a worry box is a good way to help manage your worries. By using this, you can focus and think about the things that are causing you tension then contain them in the box until you are ready to talk about them. This helps you to create a physical place to keep your worries so you have some relief from feeling like you always need to be thinking about them.



- 01** Find a small box and decorate it whatever way you like. You can be as creative as you want.
- 02** Write each worry on a piece of paper and give it a number between 1–10 (1 being something you're a little worried about and 10 being the most worried). This will help you get a better idea of what is bothering you and how much it is bothering you.
- 03** Fold it over and put it into the box...



## Worry Box



- 04** Take out one worry at a time, and when you are ready, talk about it with someone you trust. If this helps and you are no longer worried about this particular thing, rip it up and put it into the recycling bin. If you're still worried, keep it in the box for another time.
- 05** As you address each worry, keep the number in mind as well. Has the number changed? Is it higher or lower? Can you get rid of any worries? Do you have others to add in?
- 06** We hope you find this useful and remember — this strange time shall pass and no storm lasts forever.