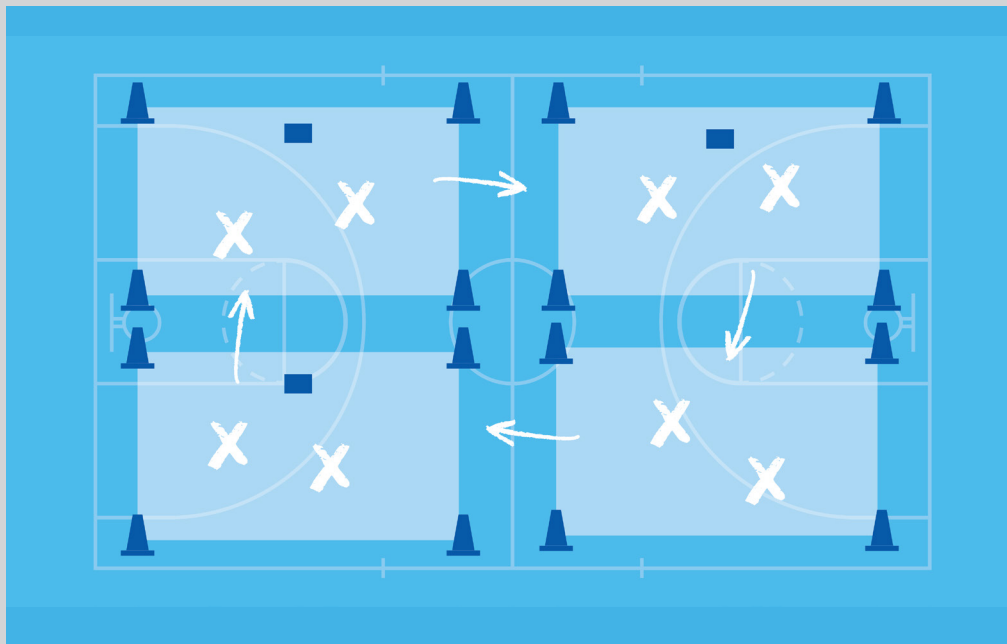


# RELAXATION STATIONS



## GAME SET UP:



## PE STANDARDS:

- Standard 1: Develops a variety of motor skills
- Standard 2: Applies knowledge related to movement and fitness concepts
- Standard 3: Develops social skills through movement

## MATERIALS:

- Cones or Place Markers
- Recharge I Spy
- Mindful Moments Cards

## OVERVIEW:

Rotate through relaxation stations to practice ways to relax and refresh energy throughout the day.

1. Demonstrate each relaxation station.

**Walking meditations:** Walk in the slowest motion possible, so slowly that it takes several minutes to walk the perimeter of the activity area. No talking! Think about the muscles that are moving in your body.

**fitFlow:** Draw *fitFlow* cards and do a set of yoga poses.

**Puzzle:** Provide tangram puzzle pieces for learners.

**Mindful Moments:** Select a Mindful Moment card and complete the activity.

2. Learners rotate after 2 to 3 minutes at each station.
3. If time allows, ask learners to identify their favorite relaxation station. Send them to the station to repeat the relaxation activity.

# RELAXATION STATIONS



Scan here for the full PE lesson plan!

## BEFORE THE GAME:

The number one thing you need to know is you can recharge your energy throughout the day by shutting down the screens and doing a relaxing activity!

Ask learners to participate in a body relaxation activity! Lie down, close your eyes, and get comfortable.

- Pretend your toes are trying to pick up a tiny marble, squeeze them together and then relax. As you squeeze them together, breathe in as if you are smelling a flower. As you relax, let your breath out as if you are blowing bubbles.
- Imagine you are trying to press your feet gently into the ground with your ankles. Tighten then relax the muscles in your ankles. Follow with your calves, knees, and upper legs.
- Now, move to the middle part of your body. Tighten and relax your stomach, then your chest muscles, then your shoulders.
- Continue to breathe as you move to your arms. Pretend you are squeezing a lemon with your arms, hands, and fingers. Squeeze tight, then let go.
- Open your eyes. How do you feel? Is your energy refreshed?

## REFLECTION AFTER THE GAME:

Q: Why do you need to recharge throughout the day? (To get energy.) What are your favorite screen free activities that recharge energy?

A: Listen for examples of ways to relax without screens throughout the day.

Q: Why is it important to relax to recharge throughout the day?

A: Recharging throughout the day gives you the best kind of energy to move and think.

## MODIFICATIONS:

### Younger Learners

- Instead of just walking slowly, have students pretend to be different animals. For example, they could move like a sloth, tiptoe like a cat, or waddle like a penguin.

### Older Learners

- After completing a station, ask older learners to briefly reflect on how the activity made them feel or how it affected their body/mind.

Find more modifications at [fit.sanfordhealth.org](https://www.fit.sanfordhealth.org).