**Laser Beam Deep Relaxation**

Begin with lying down on the back or sitting in a chair.

Allow time for the body and mind to settle, eyes closed if that is comfortable.

Teacher in position to observe all pupils.

Ring the bell….

Invite children to pay attention to their breath, noticing the body breathing and beginning to relax. (pause)

Try to feel the movements of your body as you lie on the mat and breath in and out. (pause)

Imagine a beam of light like a laser beam over your body. (pause)

Watch the beam of light move slowly over your forehead and covering your face with warm light. (pause)

Notice how relaxed your face feels as the beam of light scans over your face and down your neck. (pause)

Now notice, the best you can, how the beam of light travels over your shoulders and across your chest, relaxing and making your body feel comfortable and warm. (pause)

Bring tenderness and care to your body as light passes over it this way. (pause)

If you find your mind has wandered off then just follow the laser beam through your body as you breathe in and out naturally. (pause)

Now notice how the light travels down over your tummy and trying to see how that feels in your body. (pause)

Then following the light down through your upper legs to your knees. (pause)

Now down through your lower legs into your feet and toes. Noticing the relaxation as the beam travels all the way down your body. (pause as long as you thing you can)

And now, bringing your attention back to your breathing. Feeling your tummy rise and fall. Just try to stay with the movements of your breath and enjoy the feeling of deep relaxation. (pause)

Let children know the bell is coming and ring it gently, inviting the children to bring movement and feeling back to their limbs and stretch. Getting up slowly taking care to get up slowly.

**Inquiry Questions:** How do you feel now? What did you notice during the practice? Did you notice any body tension or relaxation? How much did your mind wander?