

Taken from:

Building Bridges through Sensory Integration

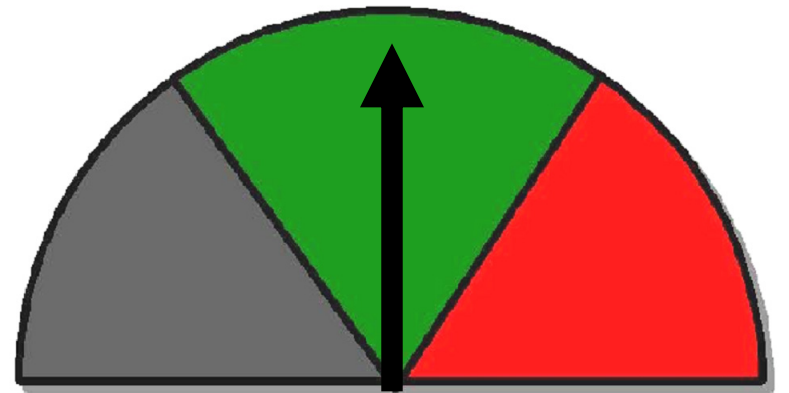
1998 Ellen Yak, Shirley Sutton, Paula Aquilla

Digitized, modified and colourized by
Marc Landry & Shawna Moores

2011 revision by Suzie Warneke @
Wind and Tide Schools

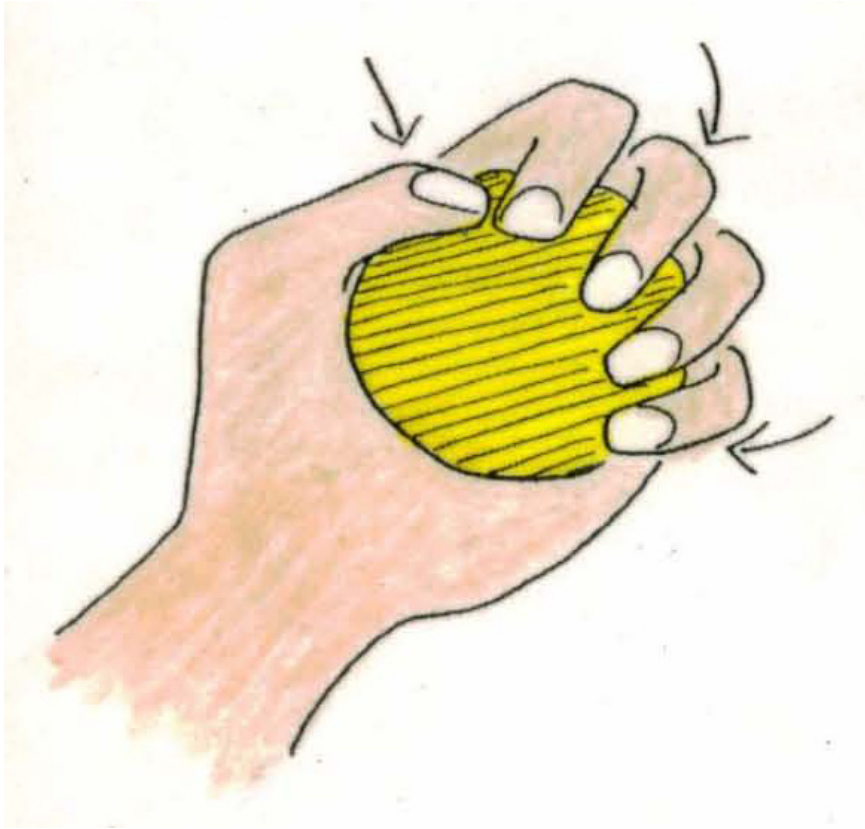
Helping Me to Relax

A Marc Landry resource



Hold the ball in your hand and
squeeze tight.

Now let go, relax...

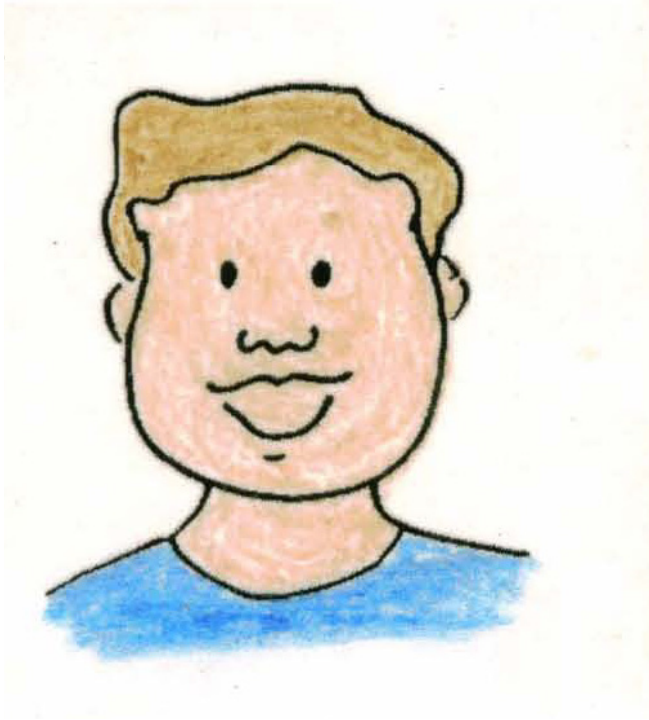


You did a great job!

... notice how relaxed your
hand and arm feel now!

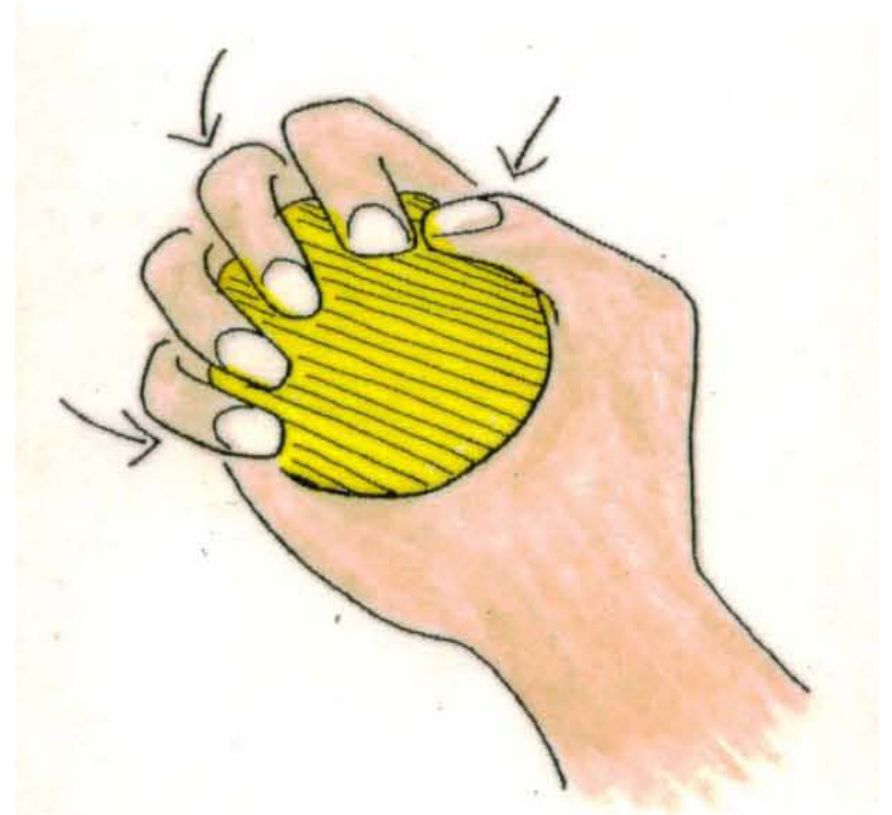


Now you are nice and relaxed.



Hold the ball in the other hand
and squeeze tight.

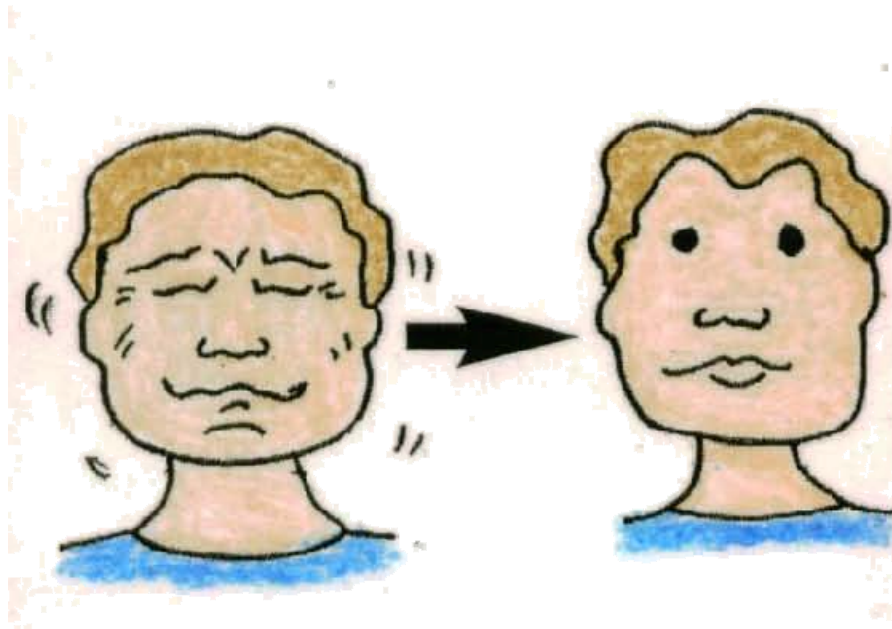
Now let go, relax...



... notice how relaxed your
hand and arm feel now!

Make a "monster" face.

Not let go and relax...



...notice how relaxed your face feels now!

Now hold your breath.

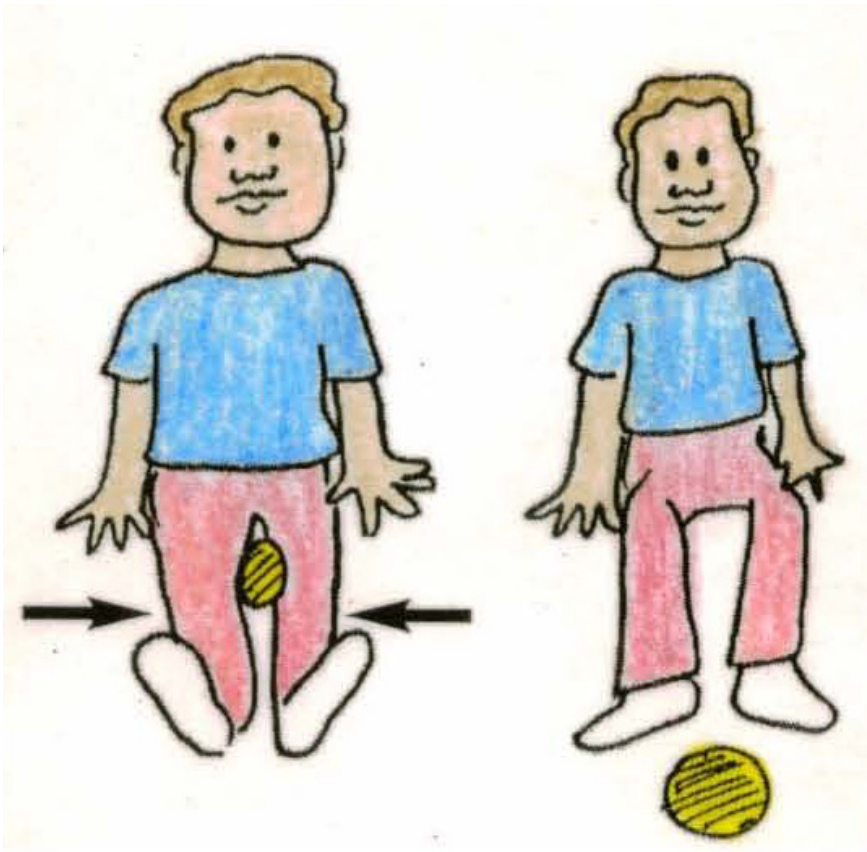
Blow out and relax...



...notice how relaxed you feel all over!

Squeeze the ball with your knees.

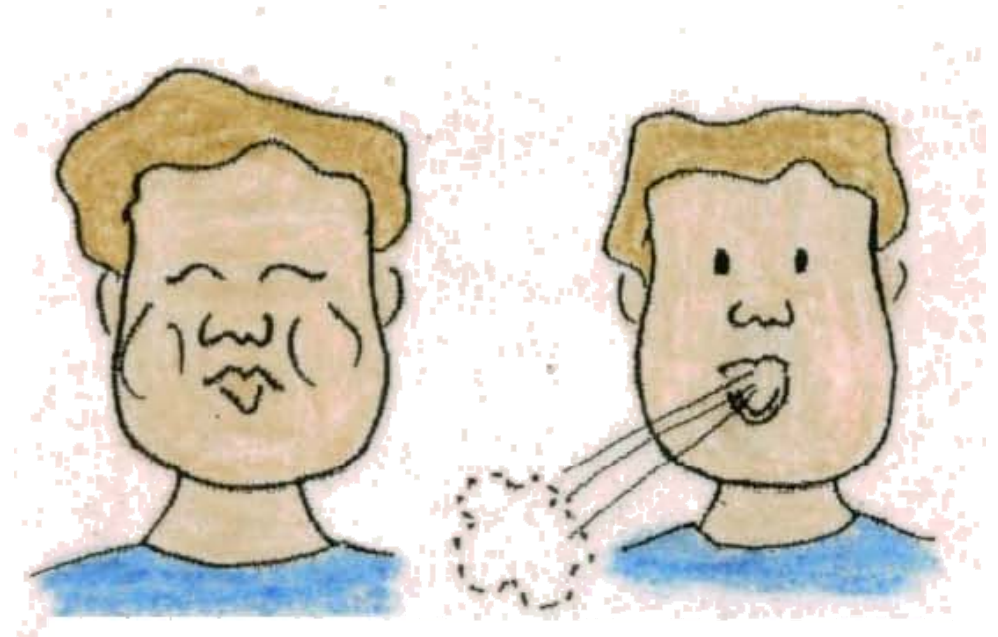
Now let go and relax...



...notice how relaxed your legs feel now!

Now hold your breath.

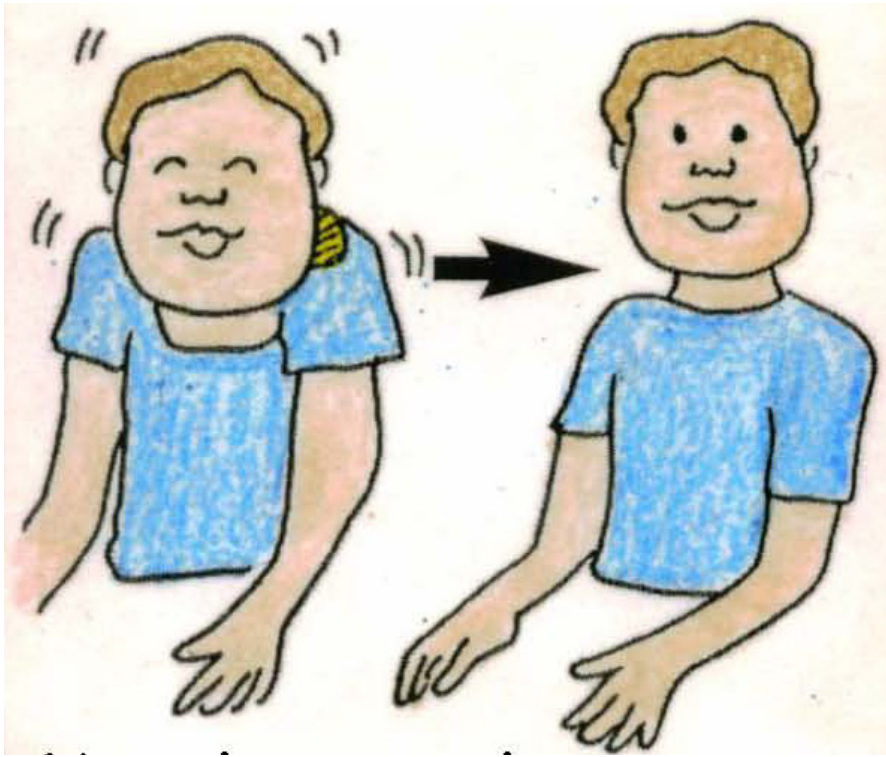
Blow out and relax...



...notice how relaxed you feel all over!

Squeeze the ball with your shoulder.

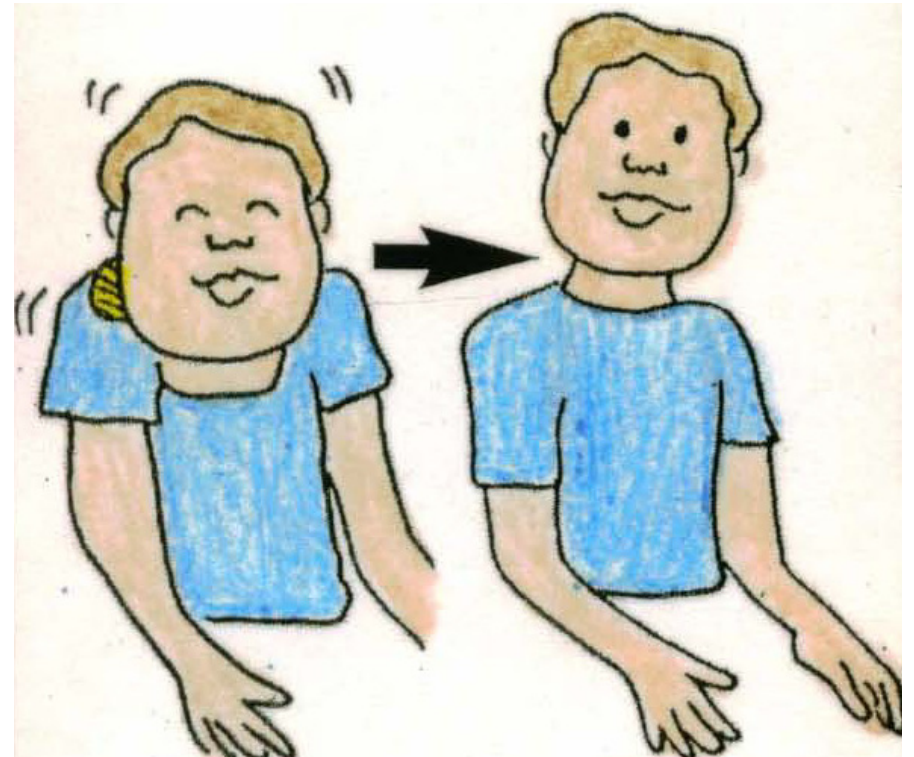
Now let go and relax...



...notice how relaxed your neck and shoulders feel!

Squeeze the ball with your other shoulder.

Now let go and relax...



...notice how relaxed your neck and shoulders feel!