



1. Activity Title	Stress release		
2. Target group	Last grades of elementary school, three grades of middle school and all grades of high school		
3. Duration	15 minutes		
4. Learning environment	The activity can be implemented in the classroom, outside or even in an online environment		
5. Learning results	At the end of this activity students will know how to relax when they are in times of intense stress.		
6. Course and Object	The activity can be exercised mainly in the gym lesson, but can be included in all lessons every time when necessary		
7. Social and Emotional Education Skills	<table border="0"> <tr> <td style="vertical-align: top;"> <p><u>PERSONAL</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Identifying and expressing emotions <input type="checkbox"/> Self-regulation <input type="checkbox"/> Identification of Strong Points <input type="checkbox"/> Growth Mindset ▲ Well-being <input type="checkbox"/> Coping with negative emotions <input type="checkbox"/> Flexibility/ Resilience/ Problem Solving </td> <td style="vertical-align: top; padding-left: 20px;"> <p><u>SOCIAL</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Empathy <input type="checkbox"/> Appreciation of diversity <input type="checkbox"/> Construction Relationships <input type="checkbox"/> Cooperation <input type="checkbox"/> Conflict Resolution <input type="checkbox"/> Ethical and responsible behavior and decisions <input type="checkbox"/> Dealing with negative relationships such as bullying </td> </tr> </table>	<p><u>PERSONAL</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Identifying and expressing emotions <input type="checkbox"/> Self-regulation <input type="checkbox"/> Identification of Strong Points <input type="checkbox"/> Growth Mindset ▲ Well-being <input type="checkbox"/> Coping with negative emotions <input type="checkbox"/> Flexibility/ Resilience/ Problem Solving 	<p><u>SOCIAL</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Empathy <input type="checkbox"/> Appreciation of diversity <input type="checkbox"/> Construction Relationships <input type="checkbox"/> Cooperation <input type="checkbox"/> Conflict Resolution <input type="checkbox"/> Ethical and responsible behavior and decisions <input type="checkbox"/> Dealing with negative relationships such as bullying
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8. Method/ Teaching Techniques	Teamwork and concentration		
9. Tools/ Materials/ Resources	No materials needed		
10. Detailed, step-by-step description of the activity	<p>Sit comfortably; Close your eyes; Start inhaling slowly through the nose counting from 1 to 3; Hold your breath for a while and start exhaling (again through the nose) slowly counting from 1 to 6 (Extending the exhalation helps more relaxation); Direct your attention to your feet (foots, toes). Try to contract them as much as you can and then relax them, feeling the difference. (We do this exercise several times).</p>		



	<p>Repeat the same with the muscles in your calves. Tighten the muscles of your thighs, abdomen, chest, arms (from shoulders to fingers), neck and entire head. Each time we try to feel the difference between muscles that are in contraction and then in relaxation. This is how we slowly learn to distinguish between these two states of our muscles, so that we can relax when we feel them tight during the day.</p> <p>Sit comfortably, close our eyes and bring to mind an image or scene of life that evokes very positive emotions in us, such as peace, tranquility, love, carelessness, happiness, etc. (We can stay in this visualization as long as we want, observing details of the image or scene, trying to bring to the forefront of our memory even related sensations such as smells, the sensation of the heat of the sun or a caress, the sound from wind, waves, etc.</p> <p>You have already completed the first two stages of your relaxation (breathing and muscle relaxation). You are reaching the third stage of your meditation. You visualize on the screen in front of you, a beautiful path in a forest and yourself walking on it... You look left and right and notice all the details of the landscape around you... the colors in the grass... if there are flowers... if butterflies are flying... bees... birds... the trunks of the trees... the foliage... Moving slowly, you reach a clearing... there is a lake with a small waterfall in the middle. You stand on the shores of the lake and feel the water mist enveloping you... You feel that the water has the ideal temperature for you... and you slowly take off your clothes... Naked you enter the lake and stand under the small waterfall with your face turned up... You feel the clear water falling on your face... rolling down your body... and pouring into the lake, sweeping away everything negative... negative memories... negative thoughts... negative feelings... You feel them all rolling over you and pouring into the lake... as pure waterfall water washes over you from above... it cleanses you... lightens you... it sets you free... Enjoy this cleansing of body and soul for as long as you wish...</p> <p>Then you wake up slowly, as always, counting from 1 to 5, and you're back to your normal state, but happier and lighter...</p>
<p>11. Extension / Home Activity</p>	<p>We encourage students to use the exercise at home as well in case they feel anxious or stressed</p>



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12. Feedback & evaluation	Record the students' reactions. There may be some awkwardness and some laughter at first, but if you continue the activity normally, eventually the whole class will participate.
13. Copyright / Origin of the activity	Evangelia Maridaki, physical education teacher Attribution-NonCommercial Use-No Derivatives CC BY-NC-ND - NoDerivatives (nd).