Physical relaxation exercise

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| In short | Sit on a chair, feet flat on the floor, arms by the side. Alternately tensing and relaxing a muscle group. Toes towards you, heels up, straighten your right leg/ left leg, round back arms forward, hollow back, shoulders up, arms tense and fists on shoulders, chin to chest, neck half turned, hands above head make space for breathing |
| Goal | When relaxation is needed, after long time concentration |
| Prepare | Try to make yourself calm, speak calm |
| Steps |  |
| Hints and tips |  |