

Resilience Training Program

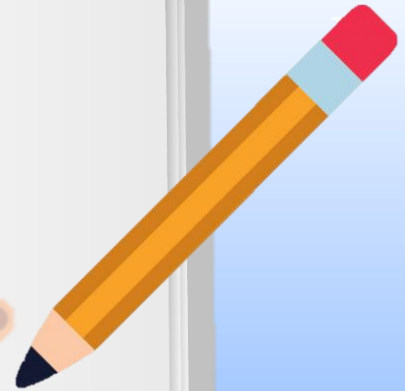
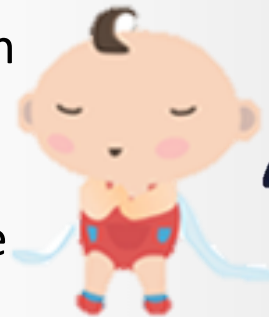


**prepare the youth for the road,
not the road for the youth.**



Lesson 2: Relaxation Exercises

- 1) Introduction
- 2) Benefits of Relaxation Exercises
- 3) Type of Relaxation Exercises
- 4) Video: Progressive Muscle Relaxation
- 5) Video: Stress Reduction Exercise
- 6) Video: Tighten Up and Relax Exercise
- 7) Skills Practice



Introduction



Benefits of Relaxation Exercise



- ★ Improving physical health and work efficiency
- ★ Improving self-confidence and reducing self-blame
- ★ Boosting concentration and memory
- ★ Helping to reduce insomnia
- ★ Preventing or reducing ailments, such as hypertension, migraines, headaches, asthma, and ulcers





Stress Reduction Exercise



Teacher



Guide

1. Play the video in the next slide and ask the student to follow the video to practice the exercises.
2. Use the pictures in the following slides to lead the skill practice, and point out areas that need attention:
 1. *Forearm Rotation: do it slowly*
 2. *Finger Stretch: feeling the tension of your finger*
 3. *Neck Stretch: move your head up and down as if you are bowing, keep your back straight*
 4. *Head Rotation: Facing forward tuck in your chin, turn your head slowly to the right, then back to your original position, repeat 5 times. Then turn your head to the left and back to your original position, repeat 5 times. Keep your shoulders face forward. You should feel the stretching of the muscle and tendons in the front chest and the side of the body.*
 5. *Chest Expansion Exercise: keep your back straight*

Stress Reduction Exercise





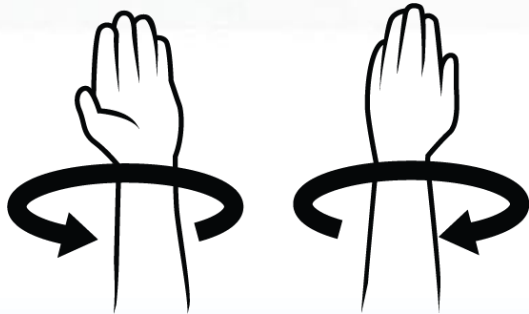
Teacher



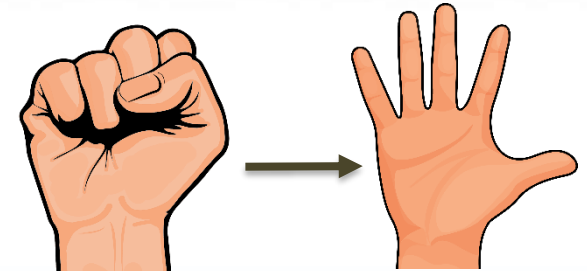
Skills Practice

- a) Teacher invites students to demonstrate each relaxation exercise to the class
- b) While teacher can point out areas that need attention
- c) Teacher invites students to share their feelings after practicing those relaxation exercises

Stress Reduction Exercise



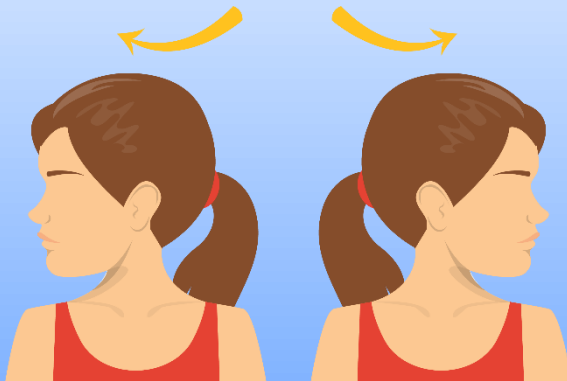
1. Forearm Rotation



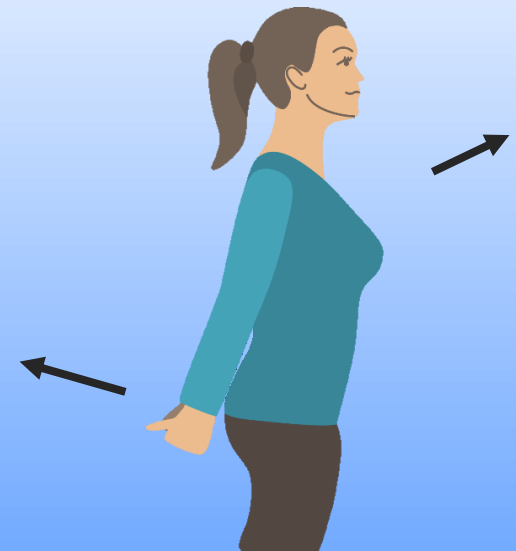
2. Finger Stretch



3. Neck Stretch

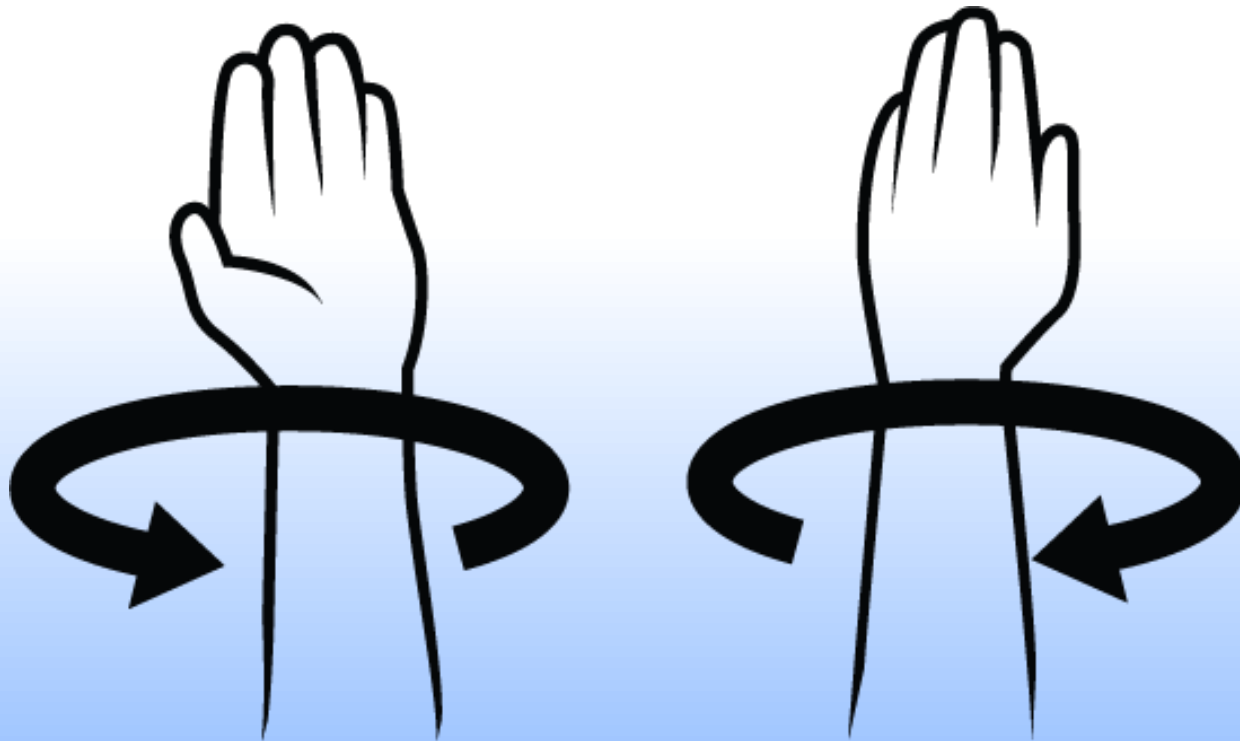


4. Head Rotation



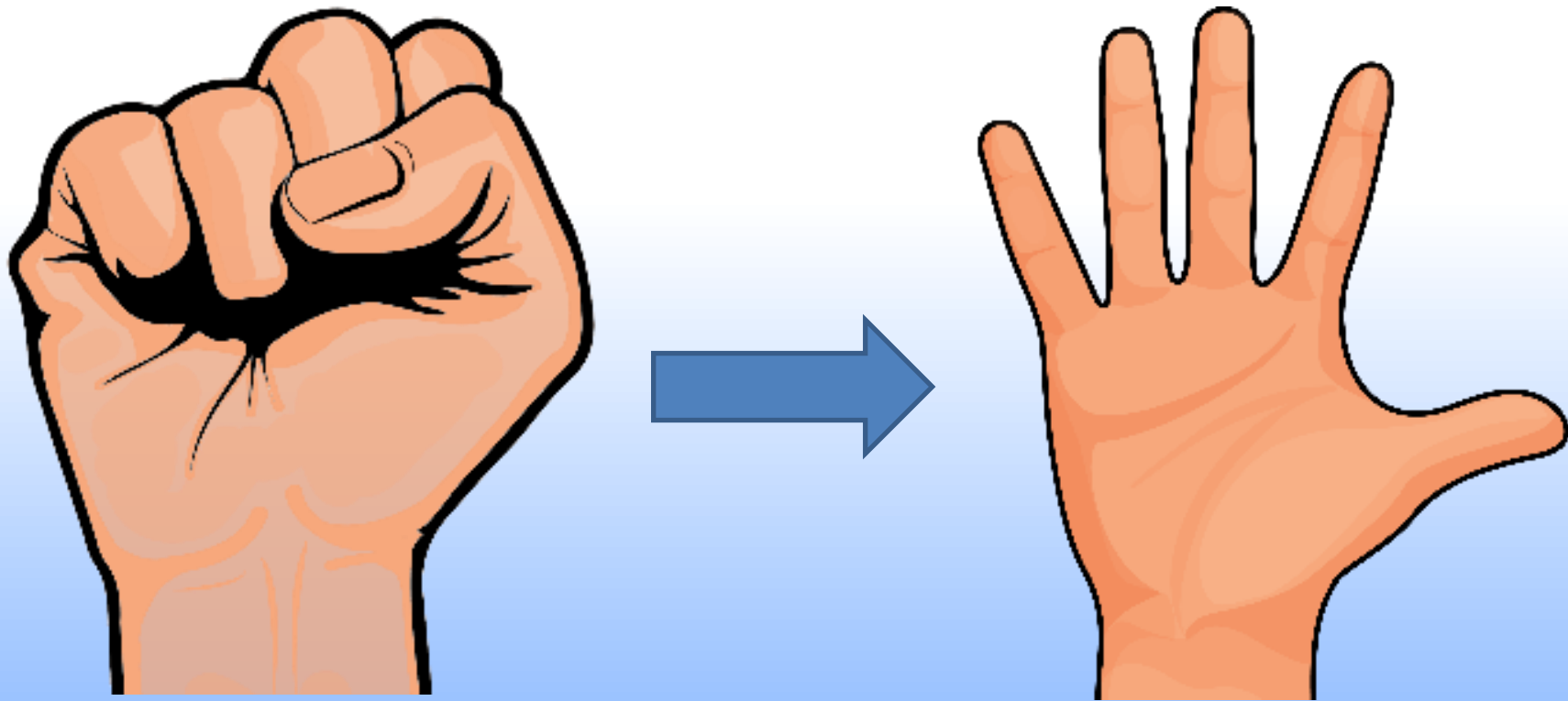
5. Chest Expansion Exercise

Stress Reduction Exercise



1. *Forearm Rotation*

Stress Reduction Exercise



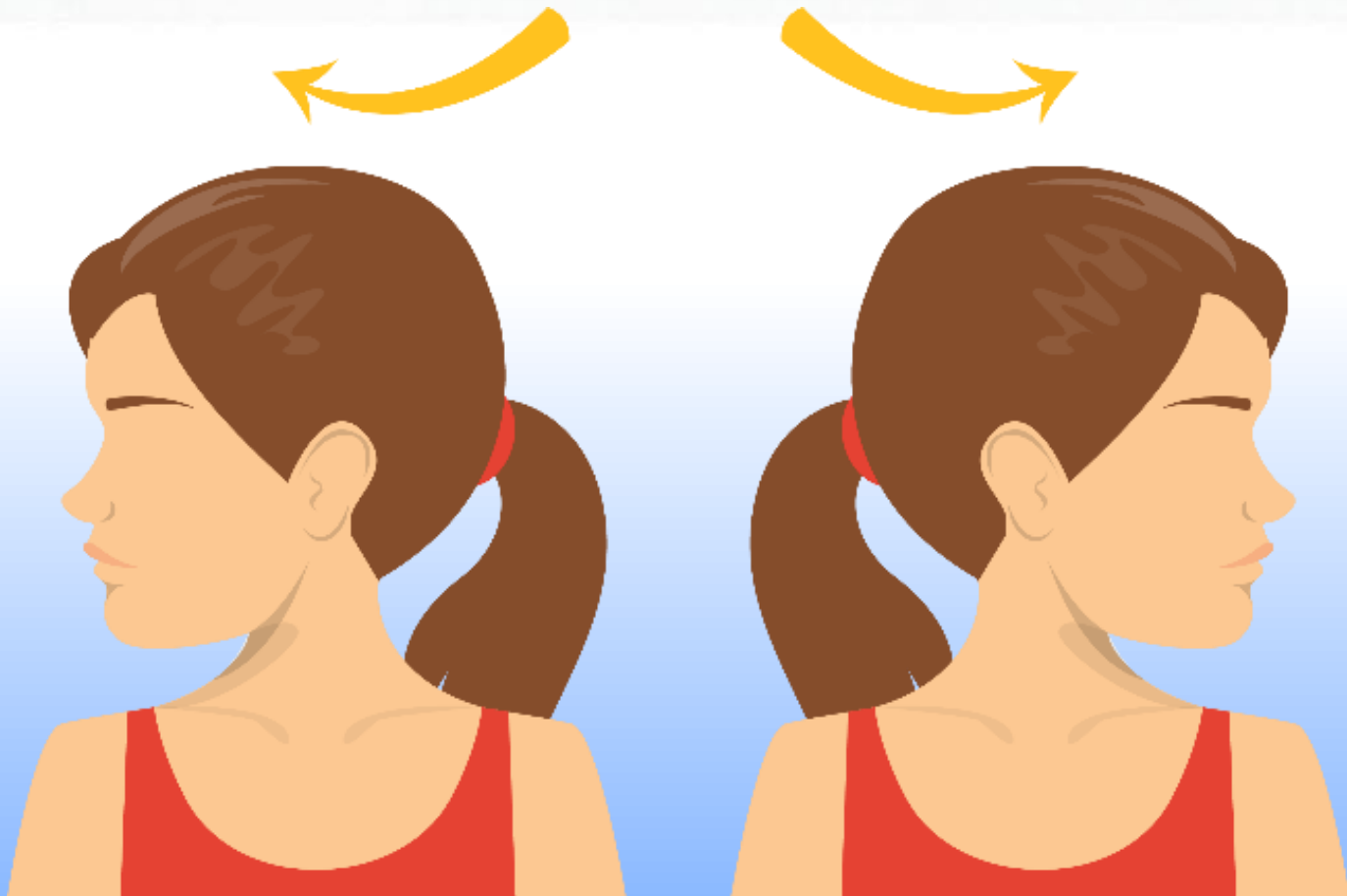
2. Finger Stretch

Stress Reduction Exercise



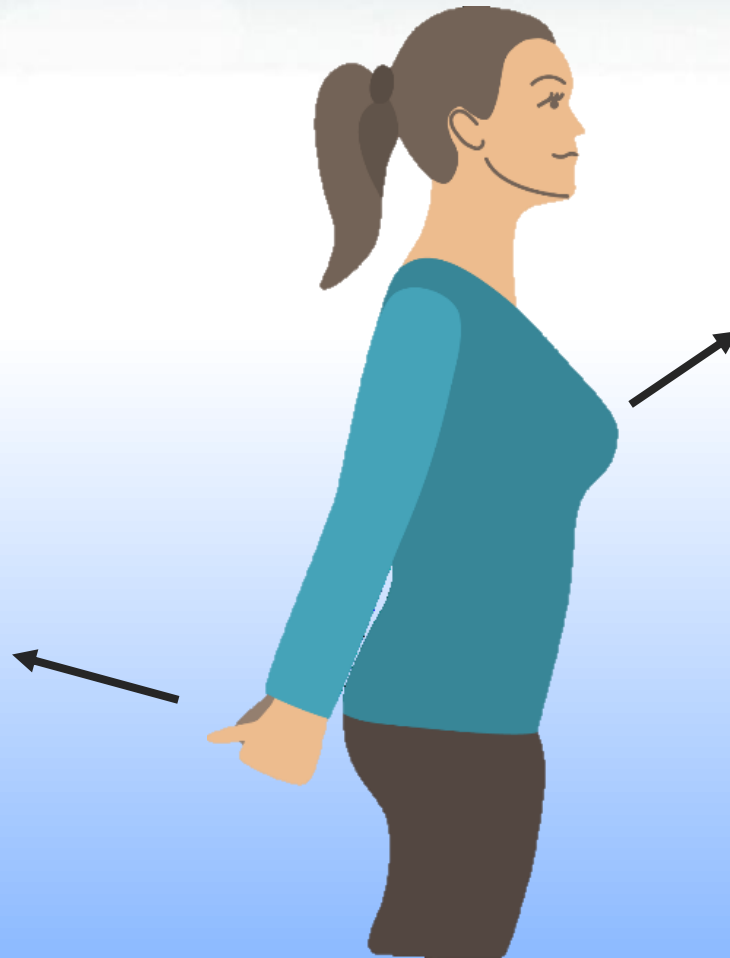
3. Neck Stretch

Stress Reduction Exercise



4. Head Rotation

Stress Reduction Exercise



5. Chest Expansion Exercise



Tighten Up and Relax Exercise



Teacher



Guide

1. Play the video in the next slide and ask the student to follow the video to practice the exercises.
2. Use the pictures in the following slides to lead the skill practice, and point out areas that need attention:
 1. *Do it slowly*
 2. *When you tighten up, hold it for a few seconds and then relax*
 3. *Repeat 5 times*
 4. *Your muscles can feel the different of tighten up and relax.*

Tighten Up and Relax Exercise





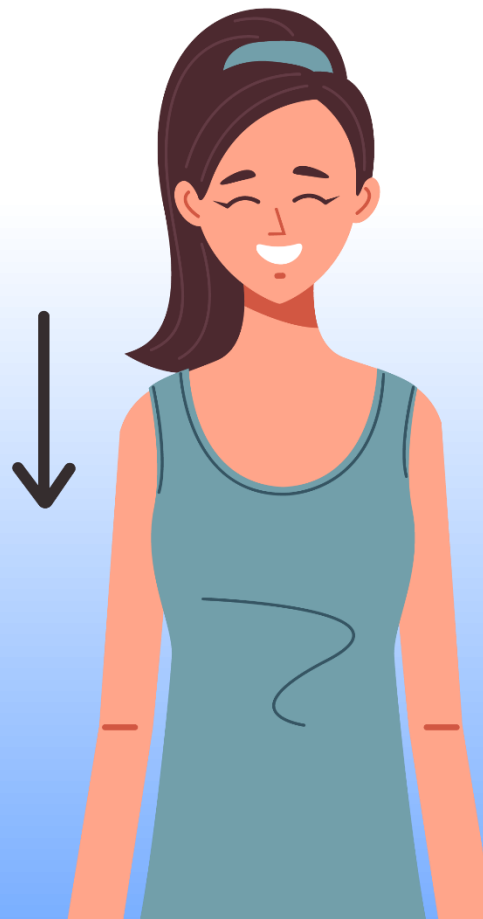
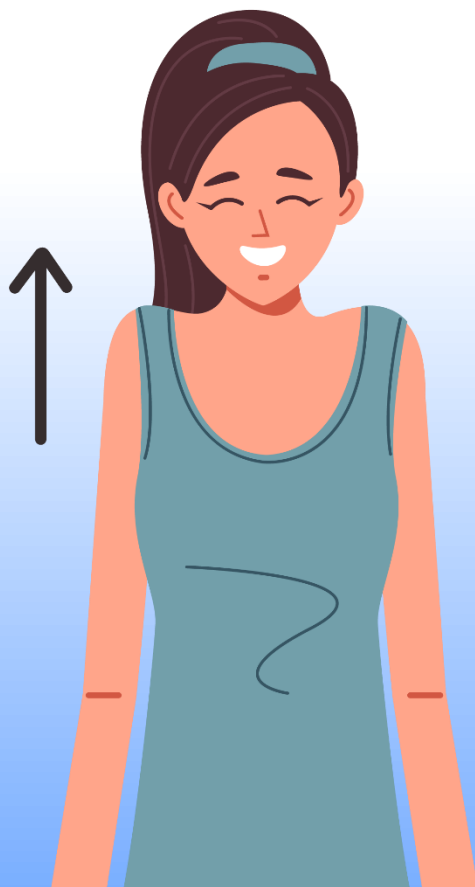
Teacher



Skills Practice

- a) Teacher invites students to demonstrate each relaxation exercise to the class
- b) While teacher can point out areas that need attention
- c) Teacher invites students to share their feelings after practicing those relaxation exercises

Tighten Up and Relax Exercise





Progressive Muscle Relaxation



Teacher



Guide

1. Play the video in the next slide and ask the student to follow the video to practice the exercises.
2. Use the pictures in the following slides to lead the skill practice, and point out areas that need attention:
 1. *Do it slowly*
 2. *When you tighten up, hold it for a few seconds and then relax*
 3. *Repeat 5 times for every muscle group*
 4. *Your muscles can feel the different of tighten up and relax.*

Progressive Muscle Relaxation





Teacher



Skills Practice

- a) Teacher invites students to demonstrate each relaxation exercise to the class
- b) While teacher can point out areas that need attention
- c) Teacher invites students to share their feelings after practicing those relaxation exercises
- d) Teacher asks students to suggest situations they might use relaxation exercises to relieve stress
E.g. Revision time, before the test, before sleeping, long working hours, etc.
- e) Guide students to find the best relaxation exercise to practice, which is the most relieved one based on their own needs, preferences and experiences.

Other Relaxation Exercises

- Sound meditation
- Mind-focusing meditation
- Self-control relaxation
- Progressive muscle relaxation
- Mantra meditation
- Imagery