

# WEEK FIVE

SESSION PLAN  
AND WORKSHEETS



# Week 5 session plan:

# Relaxation and self-care



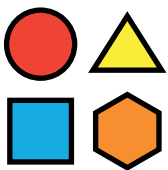
## Aim:

Understanding the importance of relaxation and self-care, and the benefits of building them into our daily, weekly and monthly routine.



## Time:

1hr 30mins



## Resources needed:

- Treasure Chest
- Group Agreement
- Pens / Paper
- Full Booklet
- Relaxation worksheets
- Whiteboard or flipchart



## Add-on resources:

- Parked cars



## What to do:

*5 Minutes*

**Introduction:** Introduce workshop and explain the learning outcomes and reason for the treasure chest – Open Treasure Chest – Hand out Booklets (or worksheets if only doing relaxation and self-care)





## What to do (continued):



*10 Minutes*

**Icebreaker:** Wellness Wheel or Mindful Freeze Dance

*15 Minutes*

**Group Conversation:** Relaxation and self-care are related concepts, but they are not the same thing. Both are a skill and can be practiced. We train our minds like our body. With the aim of being free of stress. Everyone does this differently.

Relaxation refers to specific techniques or activities that help to reduce stress and promote a sense of calmness or relaxation.

Self-care, on the other hand, is a broader concept that refers to taking care of your physical, mental, and emotional health.

### What is relaxation?

#### Examples:

- deep breathing exercises
- muscle relaxation
- meditation
- mindfulness
- yoga
- taking a warm bath
- listening to calm music
- going for a walk





## What to do (continued):

### What is self-care?

#### Examples:

- getting enough sleep
- eating healthily
- exercising regularly
- spending time with friends and family
- doing hobbies and activities you enjoy
- practicing mindfulness and relaxation techniques

*5 Minutes*

#### Video (can be swapped for other relevant story or video):

Youtube – A to Z of coping strategies:

<https://www.youtube.com/watch?v=5EXpkVw3fh0>

*20-25 Minutes*

**Worksheet – Destination Relaxation:** Use the worksheet to make a leaflet for relaxation and self-care.

Ask the group to think about where they're most relaxing destination would be, it can be somewhere they have been before or somewhere that they have made up.

*10 Minutes*

**Sharing leaflets:** Ask the group if they would like to share their leaflets with the rest of the group. Ask them to explain why they have chosen the destination they have, what makes this place so relaxing to them.



## What to do (continued):

*10 Minutes*

**Guided Relaxation Meditation (can be swapped for other relevant story or video):** <https://www.youtube.com/watch?v=WholeqDJM6E>

*10 Minutes*

### End of session:

- Collect Feedback faces if needed
- Close treasure chest
- Reminder to take home weekly learning information slip
- Reminder of next week's topic

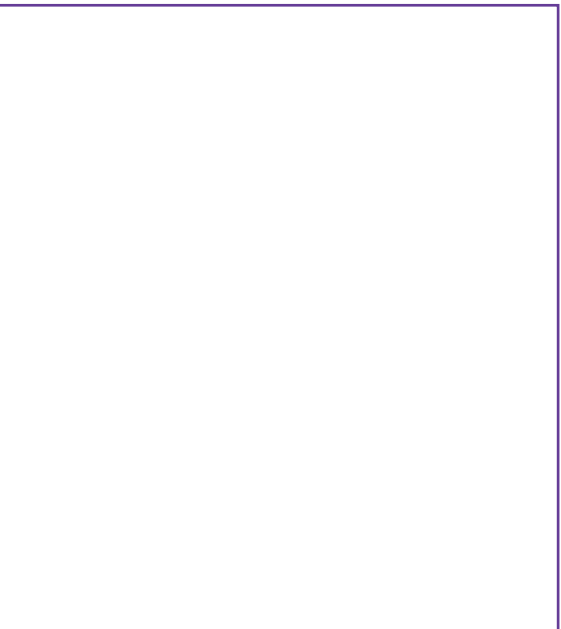


## Learning points

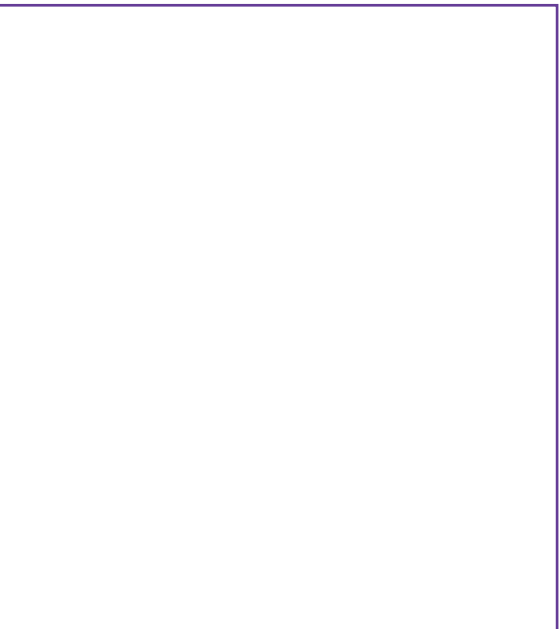
- Learn the difference between relaxation and self-care
- Learn the importance of relaxation and self-care and the positive effects it has on our mental health
- Learn and share different coping techniques for relaxation and self-care

## Self care ideas

For me:



For others:



## Benefits of self-care

1. Self-care can reduce stress and anxiety.
2. Self-care can boost your self-esteem.
3. Self-care can benefit everyone around you.
4. Self-care can lead to better relationships.
5. Self-care protects your mental health.
6. Self-care can improve your physical health.

Even small acts of self-care in your life can have a big impact.

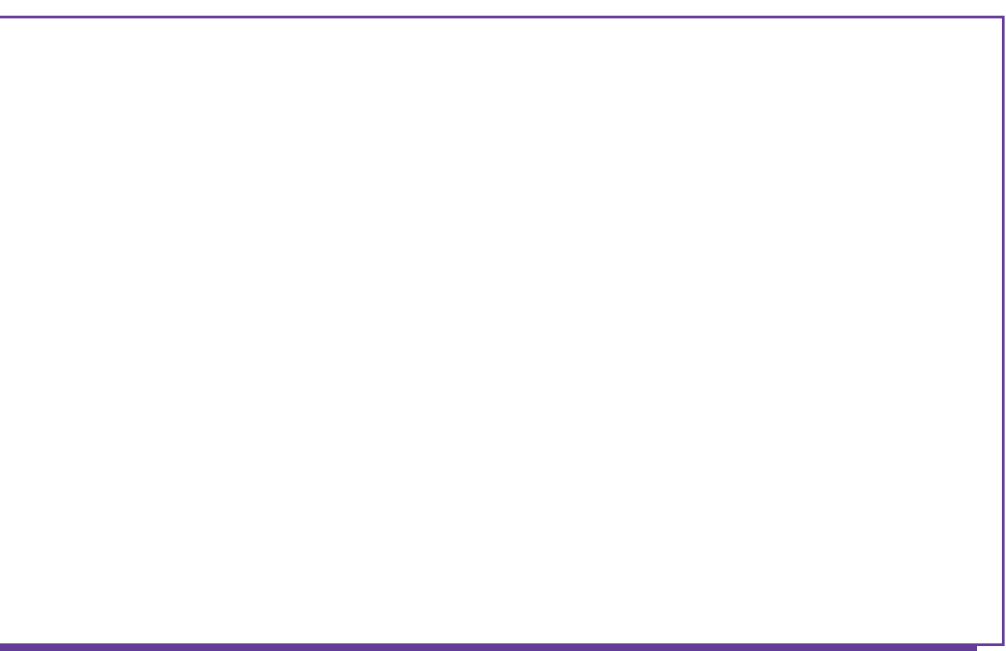
Daily:

Weekly:

Monthly:



**Relaxation Destination**  
You can create a safe  
'Relaxation Destination' in  
your imagination.

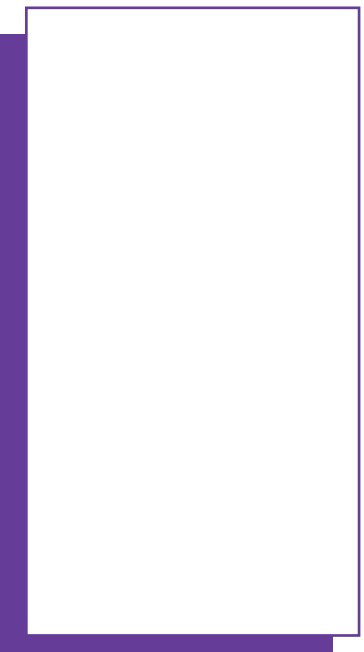


## Glitter jar

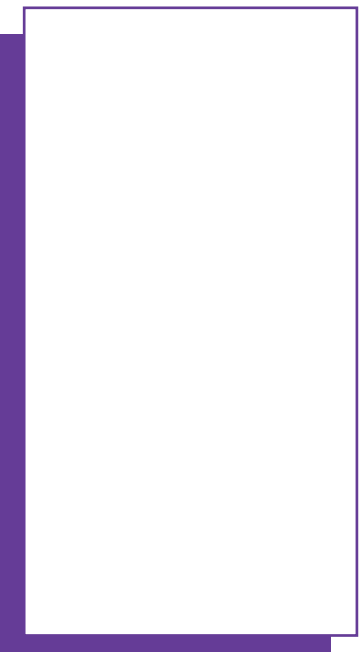
1. Add cold water to your clear bottle or jar – with room to add the glitter/glue/food dye.
2. Add clear glue to the jar
3. Add in your chosen glitter to the jar, use a mixture of fine and chunky glitter.
4. Add 2/3 drops of food colouring – don't add too much or it will be hard to see the glitter.
5. Secure the lid and shake it! Watch the glitter slowly fall to the bottom of the jar.

## Describe your destination

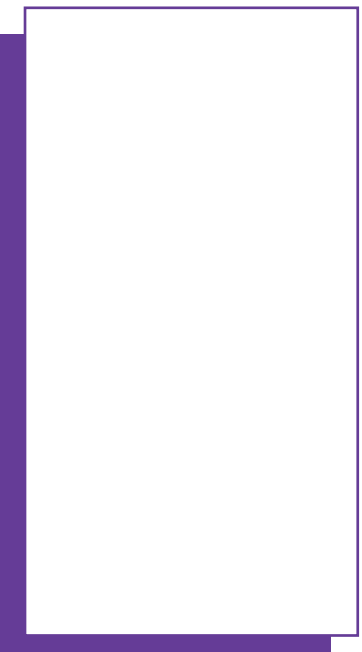
Who:



What:



Why:



## Breathing techniques

Repeat these as many times as necessary until you feel calm and collected.

**Butterfly:** Cross your hands across your chest, with your middle fingers resting on your collarbones. Raise your elbows to create your butterfly wings. Slowly tap hands on your chest, alternating left and right. While tapping, breathe in through your nose and exhale through your nose until you start to feel some relief.

**Rainbow:** Close your eyes and begin to exhale while moving your finger along the imaginary rainbow in front of you. Once you reach the end of the invisible rainbow, exhale moving your finger from right to left.

**Cake Candles:** Hold your hand up in front of you. Take a slow breath in through your nose, and let it out through your mouth, as if you're blowing out all the candles on your next birthday cake! Blowing out each candle at a time.

**My favourite is:**