



Take a Rest

Self Care in 10

Duration: 10 mins

Objectives: to introduce students to the importance of taking rest and its positive impact on mental health

Materials:

- A comfortable area with cushions or mats
- Soft instrumental music (optional)
- Timer

Introduction: 1 min

Gather the students in a circle and explain that you will be doing an activity about taking rest and how it can help our minds feel calm and happy.

Guided Rest: 5 mins

Have the students sit or lie down on the cushions or mats in a quiet and comfortable space.

Play soft instrumental music (optional) to create a calming atmosphere. Instruct the students to close their eyes if they feel comfortable doing so.

Guide them through a simple rest exercise: "Take a deep breath in through your nose and slowly exhale through your mouth. Imagine you are floating on a cloud, feeling safe and relaxed. Feel your body becoming very, very calm and peaceful. Just rest here for a moment."

Discussion: 1 mins

Gather the students back in a circle and ask them how they felt during the guided rest.

Encourage them to share their feelings, such as feeling calm, relaxed, or happy

Explain that taking rest is like giving our minds a break, and it helps us feel better when we're tired or stressed.



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Activity: 1 min

Have the students stand up and gently shake out their bodies to wake up their muscles.

Cool Down: 1 min

Lead the students in a short cool-down activity, such as gentle stretching or taking a few deep breaths together.

Conclusion: 1 mins

Summarize the key points: taking rest can help our minds feel calm and peaceful, and it's important to give ourselves moments of rest when we need them.

Thank the students for participating and let them know that they can practice taking rest whenever they feel like it.