

# GUIDING PRINCIPLE 3

## ENHANCING STUDENT AUTONOMY AND RESPONSIBILITY



**Strategy:** Tense and Relax or Progressive Muscle Relaxation

**Audience:** Kindergarten to Grade 12

### What:

- Progressive muscle relaxation is a tool that can bring calm and awareness to different parts of the body through tensing and relaxing those individual body parts

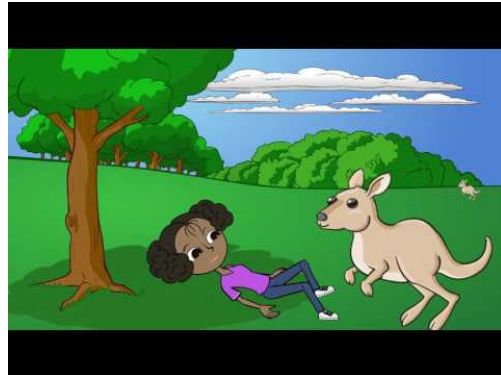
### How:

- Educate students on the purpose of the progressive muscle relaxation and why we may want to use the tool
- Talk about the impact of stress or worry on the body, what it looks like, and the need to let that tension go
- This can be done by sharing a video for students to follow along to or simply by reading a script
- Model tensing of different body parts and relaxing them
- Spaghetti noodle analogy:
  - uncooked noodle is rigid, cooked is wiggly
  - get students to demonstrate an uncooked vs. cooked spaghetti noodle
  - talk about the uncooked being tense and cooked being relaxed

### Materials:

- N/A

### Examples:



### Inclusive Practices to Consider:

- A visual support may also be helpful

### Reference and Links:

Progressive Muscle Relaxation for Kids  
<https://www.thebehaviorhub.com/blog/2020/6/8/progressive-muscle-relaxation-for-kids>

Teaching Your Child How to “Spaghetti Body”  
<http://theplumtree.net/wp-content/uploads/2016/01/Spaghetti-Body.pdf>