

Lesson 5: The Wonders of Rest

Discussion Questions

Teacher's Note: Compile some relaxing images. With the class, brainstorm descriptive words about each image. Or, have them work in small groups to brainstorm words about the images. Use the descriptive words to generate relaxations. Or, use the images to come up with relaxing stories. Students can do this orally or write them down. For younger students, you may want to voice record their stories and then use them for relaxations or have them dictate their stories.

- What are your favorite ways to relax and why? Brainstorm together as a class.
- What images do you find the most relaxing? Why?
- Is there a right or wrong way to relax? Why or why not?
- Is there a right or wrong time to relax? Why or why not?