

Lesson 5: The Wonders of Rest

Writing Activity: Guided Relaxation

Create your own guided relaxation! Think about all that you have learned about how to relax your mind and body. Think about all the sensory input your nervous system processes.

Then, with the five senses in mind, brainstorm relaxing imagery to create a short story for a guided relaxation. You can use your imagination to create any type of story you like. Be sure to include messages that help you to feel calm and relaxed.

Graphic Organizer

Use the chart to brainstorm relaxing examples for all five senses.

Sight	Smell	Taste	Touch	Sound