

**Skill Area(s):**  
 Nonverbal Language  
 Behavior/Stress  
 Perspective Taking

# Relaxation Technique

**Level:** beginner, intermediate

**Goal:** The story models the skill children can use to overcome obstacles in their own lives. The soothing music and words help students to learn relaxation techniques.

**Materials needed:** Believe in Yourself CD by Joy Frost\*, Turtle visuals (refer to the folder labeled Turtle pictures)

## **Activity:**

- Have students in a comfort position.
- Introduce activity by talking about challenges that we might face in school. Such as, using a wheelchair, wearing glasses, being shy, speaking another language, etc.
- Introduce the CD by stating it is about a newly hatched sea turtle and the challenges it faced.
- Listen to the CD and show the visuals.
- Discuss the story events.
- What did you learn about sea turtles?
- What did the turtle learn? Talk about believing in himself, confidence, solving a problem, focus on positives in his life, courage, thinking & listening to his inner voice (explain what this is), try new things using the examples of others, etc.
- Listen to the CD again and have students in a relaxing position (head on desk, lay on floor or cushions, etc.)
- Have students imagine they are the turtle as they listen and follow the words in the story such as; stretch arms.
- This could be a good CD to end each group session.

Children can use the turtle's affirming example of, "I believe in myself." to develop a strong belief in their own abilities.

## **Follow up suggestions:**

- There are other Joy Stories to try
  - "Trust Yourself"- a small bird that learns to fly- it's fine to do things differently
  - "The Successful Journey" - the bond of friendship between a dolphin and a clown fish - it is important to cooperate with family members.
  - "Samantha and Starlight" - a young girl with great confidence, determination and a strong belief in how to take charge of a situation - To stay focused on a goal in spite of disappointments.
  - "Buddy and Buster" - an impressionable golden retriever puppy, Buddy, and an aggressive Jack Russell terrier, Buster - being afraid of something that may harm you is normal & telling someone about your fear is helpful
  - "Under the Lily pad" - curious frog, explores what life is like living in a diverse community - To get along with others despite their differences

\* We bought this for 9.99 through Overstock.com ~ also at other sites or catalogs but for 18.99 ~ [www.joystories.com](http://www.joystories.com)