

A Boy and A Bear

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| Skill Area(s): Behavior/ Stress |
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Level: beginner, intermediate, advanced

Goal: Students learn relaxation techniques of breathing and muscle contraction

Materials needed: Book- A Boy and A Bear, or other relaxation story, area for students to lie down if possible, other options, bean bag, pillow, and blankets

Activity: This activity can be done a stand alone session or as a beginning or wrap up activity depending on the level of the group.

- ✓ Start by having the students get comfortable, preferably on the floor. Older students may prefer to sit in a chair. Other options are beanbag chairs, pillows etc.
- ✓ Read the story to the students encouraging them to actively participate. During the sections where students are to breath in and out, pause to model breathing and let them practice.
- ✓ For older students, brainstorm afterwards different times during the day when they can use these techniques and have them keep a list of when they used them to discuss at the next session.
- ✓ Giving the students a small laminated picture of a bear to keep on their desk or in a folder may help them remember to use relaxation techniques they learned from this book during the day.

Follow up: Other books by this author are: [A boy and a Turtle](#) which is a relaxation book that focuses on visualization; [The Good Night Caterpillar](#) a book to help kids slow down and relax for bedtime; [The Affirmation Web](#) designed to increase self esteem. Lori Lite's web site is

<http://www.litebooks.net/index.html>

Her books can also be purchased through the Autism Resource Network, Amazon and Barnes and Noble