

Name _____

Date _____

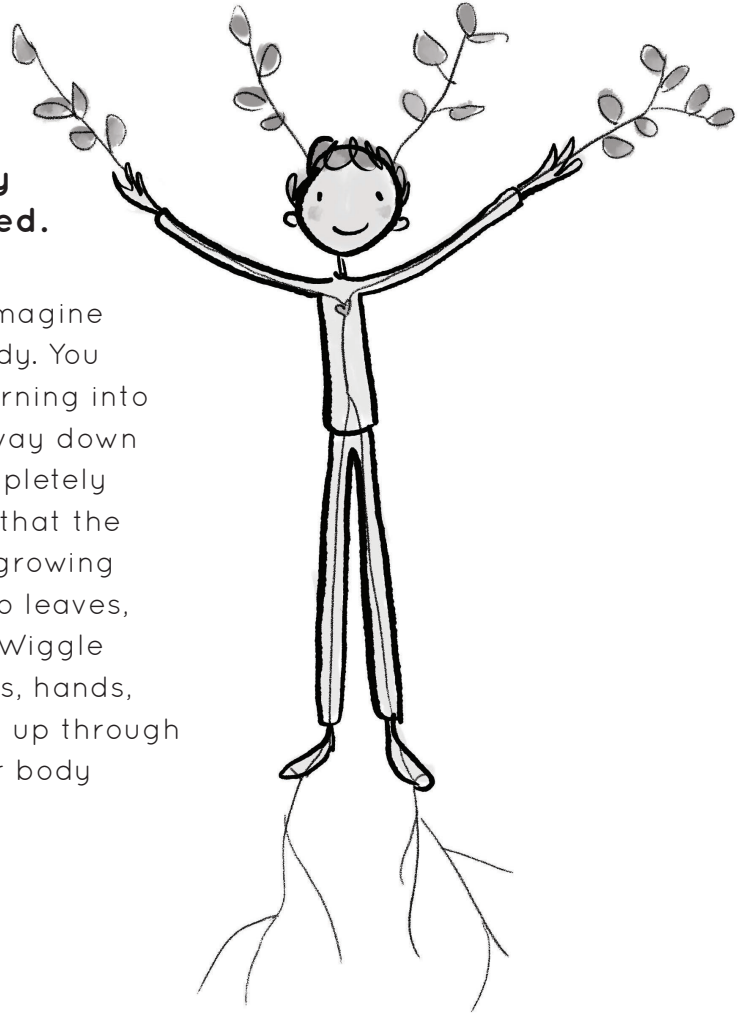
mindfulness series

DEEP RELAXATION

Become like a tree to relax your body and your mind.

Imagine you have a seed at your belly button. You are going to plant that seed. Press into your belly just a little bit.

Now the rain comes and waters your seed. Imagine you can feel some light sprinkles on your body. You start to grow roots. Imagine your legs are turning into roots going deep down in the earth, all the way down to your toes. Wiggle your toes, and now completely relax your legs, feet, and toes. Now imagine that the stem is starting to grow up from your belly, growing up toward the sun. Your arms are turning into leaves, growing and growing out to your fingertips. Wiggle your fingers. Now completely relax your arms, hands, and fingers. Your stem keeps growing up, up, up through your shoulders, neck, and head. You feel your body getting longer, reaching in both directions ...



1. How does relaxing like a tree make you feel?

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2. What part of your body was easiest to relax? Why?

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3. What part of your body was more difficult to relax? Why?

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DEEP RELAXATION

Draw a picture of yourself relaxing like a tree, or design a relaxation technique of your own. Be sure to label your picture.

