



Elevator breathing

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Close your eyes.
Breathe in your own rhythm through your nose 3 times as if an elevator were going up 3 floors and breathe out through the gap between your lips as if the elevator were going down 6 floors.



Relax your face

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Close your eyes.
Take 2 strong breaths in and out.
Calm your breathing down. Make a surprised expression on your face by lifting your forehead - relax. Purse your lips - relax. Have a broad smile on your face - relax.

Open your eyes.



Zigzag breathing

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Stand.
When you breathe out, bring your arms up straight and when you breathe out, bring them down, zigzagging them from right to left.

Repeat 3 times.



Massage moment

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Massage your temples, scalp, earlobes and then the back of your neck and the base of your skull for a moment.



Thank yourself

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First, shake your upper limbs and rotate your shoulders 5 times in both directions.

Then hug yourself and keep swinging in place for a moment. While you do this, tell yourself 3 things that you are good at. Thank yourself for these things.

In the end, shake your upper limbs.



Good and beautiful

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Move about freely in the classroom.
When the teacher gives a sign that you have to stop, tell the person near you something nice/empowering.

Repeat the walking and the encounters with different people 5 times.

Shoulder massage

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Find a pair and massage the pair's shoulders for 1 minute. Switch roles.

The alternative is to massage your own shoulders and the back of your neck.

The teacher will measure the time.

Pleasure for mind

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Stand up or sit. Close your eyes for a moment. Imagine that you are in an outdoors place that you like. You feel a warm breeze on your face. Breathe in this warmth and enjoyment and then let the air and matters that bother you flow calmly out from between your lips.

Repeat 2 more times. Open your eyes.

Feather and ball

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Stand up.

Feel the soles of your feet solid against the floor. Breathe in and bring your hands up to the level of your shoulders, with the palms upwards as if you are lifting a feather. Then, turn the palms downwards and while you are breathing out, lower your hands as if you are pressing a ball down in water. Repeat 6 times.

Butterfly tapping

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Sit on a chair and place the soles of your feet on the floor. For a moment, focus your attention on how you are feeling right now and how you are breathing. You do not need to change your breathing, just notice it. Place the palms of your hands crossed on the upper part of your chest so that your thumbs touch the top of your breastbone. Also cross your thumbs. Your fingers point to your shoulders.

Begin to tap your chest with your fingers alternately, in your own rhythm. Continue tapping for 1 minute.

Lower your hands and place them on your thighs, relaxing them, and pay attention to how you feel now.

Favourite place

The teacher reads aloud to the group in a calm voice.

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Walk about freely in the classroom.

What does the floor feel like under your feet when you are walking? What can you see in the ceiling? What do the walls look like? Is there something you haven't noticed before?

What can you see from the window at the moment?

What kind of materials are there in the space you are in? Does light vary or is it even? How do you feel in this space?

In the end, go to your favourite place in this space. With the person next to you, exchange thoughts about what made you choose that specific place.

Body scan

The teacher reads aloud to the group in a calm voice.

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Sit in a comfortable position. Close your eyes and breathe in very deeply twice. Listen to the sounds around you. Are the sounds familiar or is there a sound that you are wondering about?

Then focus your attention on your own body. What does the floor under your feet feel like? What do your thighs feel like against the chair? Are you leaning your back evenly towards the backrest? Are your shoulders relaxed? And your face? How warm does your body feel? Are your toes warm, and what about your fingers? Is your breathing free and light as a feather?

Feel how the warmth begins to flow upwards from your toes every time you breathe in [a short pause in speech]. Think about a place that you find beautiful and pleasant. What kind of colours are there? What does the place smell like? What sounds can you hear there? For a few more times, breathe in deeply the atmosphere that brings you joy in that place.

Open your eyes.