

## Body Scan Exercise w/ BE Buddy®

**"I can rest my body and let go of tension."**

Lie on your back and place your BE Buddy® over your eyes.

Feel the support of the ground below and let your whole body relax & soften.

Begin to notice your breath. Is it fast or slow? Loud or quiet? Where do you feel movement in your body?

Inhale and bring your attention to your feet.  
Exhale and let your feet relax.

Next, Inhale and bring your attention to your legs.  
Exhale and let your legs fall heavy & soft.

Inhale slowly as you bring your attention to your belly. Exhale and soften your belly and notice the difference between tight and soft.

Continue this pattern letting go of tension in each body part: back, arms, hands, shoulders, head, jaw.

INHALE-check-in/EXHALE-relax and soften your muscles.

Let your whole body relax from head to toe.

When you are ready, wiggle & wake up your fingers and toes.

Inhale and exhale one last time slowly and notice how it feels to rest.

### **Tips:**

Invite kids to check in with the body from head to toe to notice any tension or tight areas and use the breath to relax each area mindfully.

On each exhale, work on releasing stress and tension from the mind and body.

The most important part is to help kids become aware of how tension feels in their bodies and relax those areas.

Create a calm and comfortable environment and always let children make choices that feel good in their bodies.

For example, *"I invite you to close your eyes, but feel free to keep them open if that feels better for you today."*

**Please keep it simple, fun, and consistent!**

