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| **Section: Mindfulness** | | | |
| **Objective:** | | **Spaghetti Body (Progressive Muscle Relaxation)** | |
|  | **Character name** | | **Content:** *Format*  (TONE OF ADDRESS)/‘Lines from script’/song/sound clip no. |
| **1.** | FX (sound FX) | | *STANDARD INTRODUCTORY JINGLE NO.xx* |
| **2.** | Host | | The first thing we will do today is calm down our bodies and our minds. One very good way we have of calming down our bodies and our minds is to tense and scrunch up each part of our body before letting it go and relaxing. |
| **3.** | Host | | Now we are going to find a comfortable place to sit or stand. Put one hand on your belly and the other on your heart. Sit up straight. But make sure you’re comfortable and relaxed. If you want, you can close your eyes. |
| **4.** | Host | | Take a deep breath in through your nose (pause) and let it out through your mouth. Again, breathe in through your nose for 1, 2, 3, 4, 5 (pause) and let it out through your mouth for 1, 2, 3, 4, 5. |
| **5.** | Host | | Grow your back longer and taller, reaching your head to the sky. Breathe in deeply. Exhale slowly and let yourself relax. |
| **6.** | Host | | Think about how spaghetti is hard when uncooked and soft when cooked. Make your body straight and rigid like a piece of uncooked spaghetti. Glue everything together and squeeze really tightly. |
| **7.** | Host | | Notice how you feel. This is what happens to your body when you feel scared, nervous or mad. |
| **8.** | Host | | Take a deep breath in through your nose (pause) and let it out through your mouth. Again, breathe in through your nose for 1, 2, 3, 4, 5 (pause) and let it out through your mouth for 1, 2, 3, 4, 5. |
| **9.** | Host | | Imagine, like an uncooked piece of spaghetti, you are being placed in a pan of hot water. Think about the piece of spaghetti getting wet and starting to soften. |
| **10.** | Host | | Breathe in deeply. Curl your toes in and scrunch your feet. Hold for 1, 2, 3. Wriggle your toes and let. them soften like a warm, wet piece of spaghetti. |
| **11.** | Host | | Tighten your legs, make them super tense and straight while you breathe in for 1, 2, 3, 4, 5. Hold them tight and straight. As you breathe out, start to wiggle and relax your legs. |
| **12.** | Host | | Make your hands into tight fists. Tense your arms, holding them straight and tight, as you breathe in for 1, 2, 3, 4, 5. Hold for 1, 2, 3. Breathe out while you wiggle your fingers and shake your arms out like a warm, wet piece of spaghetti. |
| **13.** | Host | | Take a deep breathe while you bring your shoulders up by your ears. Scrunch them up tight and hold for 1, 2, 3. Breathe out as you let your shoulders soften and relax down your back. |
| **14.** | Host | | Scrunch up your face like you have tasted something very sour. Breathe in deeply for 1, 2, 3, 4, 5. Let your face soften. Wiggle your nose and blink your eyes. |
| **15.** | Host | | Scan your body to make sure all the tightness is gone. Breathe in and out slowly and notice how you feel. |