

Relaxation Vacation -- Lake

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Class, we are going to take a few minutes to escape from our normal day and take a 'Relaxation Vacation' to a beautiful lake. I invite you to close your eyes, or keep them open and look at the screen. You can rest your head on your desk or sit up tall in your chair, whichever feels more comfortable. Let's take a few deep breaths on our own to prepare ourselves to relax. [Pause for about 20 seconds] Notice how your body feels and notice the air as you breathe in and breathe out. [Pause for 30 seconds and model deep breaths]

Now imagine you are walking along the side of a lake. You see the clear water flowing as the wind blows and you can hear the gentle waves as they roll up onto the shore. The water sparkles in the sunlight that is shining down from up above. It is a clear day and the sky is bright blue. The lake is surrounded by tall trees, and you notice their reflection in the water, just like a mirror. As you walk along, you feel the small pebbles under your feet and can hear them crunching as you take each step. With every step, you notice the beauty of the lake and feel the fresh air as it flows around you. You find a dry spot to sit beside the lake and you pick up a pebble in your hand. What color is it? Is it heavy or light? You notice the smooth edges of the rock as you hold it in your hand. You gently toss the rock into the water and watch the ripples that form as it hits the water's surface. You lie down on the rocks and close your eyes, taking in all of the sounds around you. Your body feels heavy on the rocks as you relax your tired legs. You breathe in and smell the fresh smell of the lake and air. You breathe out and relax your body even more. Breathe in once again....and breathe out. Let's lie here for a minute as we breathe in the fresh air, and breath out. In...and out. In...and out. [30 seconds to 2 minutes of silent breathing]

When you are ready, wake up your body by wiggling your fingers and toes. Slowly open your eyes and start to sit up. You can stretch your arms up if you'd like. Let's take one more deep breath as we get ready to return to our day calmer and more relaxed.

Video for Imagery: <https://www.youtube.com/watch?v=No3kOKsgIXE>