



## ← Body Scan

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### Details

This mindfulness-based activity focuses on sensory awareness and emotion regulation.

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Effort Level: Low



Tags:

Domain: Social-Emotional Learning

Focus Area: Emotion Regulation

Author: Panorama Education

Tier: Tier 1, Tier 2

Developmental Stages: Lower Elementary, Upper Elementary, Middle School

Evaluation Levels: Research-Based

### Goal

Guide students through the process of relaxing parts of their body while exploring their different senses.

### Action

#### **Preparation:**

- [Click here to download the facilitator guide for this strategy.](#)

#### **Instructions:**

(1) Share with students that you will be guiding them through an exercise in which they observe what's happening in their bodies. The goal is to relax while paying attention to different parts of our bodies.

(2) Ask students to find a comfortable position—seated, standing, or lying down on their back.

(3) Use the below script to guide students through a body scan.

#### **Script for Educators:**

1. Keep a soft gaze or close your eyes.
2. Take a deep breath in and a smooth breath out. Continue to connect to your breath.
3. We are going to do a body scan by moving our attention to different parts of our body and inviting them to relax.
4. Start by paying attention to your feet. What do your feet feel like right now? Let your feet be heavy and relaxed. On the inhale, focus on your feet, and on the exhale, imagining they could sink a half-inch into the ground.
5. Now, bring your attention to your legs. What do your legs feel like right now? Let your legs rest heavy on the inhale, and as you breathe out feel them sink into the ground.
6. Bring your attention to your hips. How do they feel right now?
7. Release tension and stress around your hips by sinking them heavy into the ground as you exhale.
8. Now, bring your attention to your belly. Breathe in, breathe out. How does your belly feel right now? Let your belly feel heavy and relaxed.
9. Next, pay attention to your shoulders. Move up to the back of your head, this powerful place full of thoughts. Give it a rest by gently rocking it side to side, and letting it sink a little bit deeper into the ground.
10. Release your jaw, relax the muscles in your face, and let go of any tension you are holding around your eyes.
11. Let your whole body feel completely heavy and relaxed. (Allow anywhere from 3-8 minutes of total relaxation.)
12. Begin to deepen your breath. Gently wiggle your fingers and your toes, and reach your arms above your head for a full body stretch.

### **Reflection Questions**

- How does it feel to focus your attention on various parts of your body?
- What was it like to let go of tension or stress and to feel supported by the ground beneath you?
- How do you feel after this relaxation?
- When might it be beneficial to practice this kind of relaxation technique in your life?

### **Implementation Tips:**

- For younger students, start small. Try a short, 1-minute guided body scan and focus on just a few points in the body. Add on more time with practice.
- Consider using body scans as a way to settle students before a test or to release tension after stressful situations.

## Why this works

[Studies](#) suggest that using relaxation-guided imagery with children can reduce anxiety and stress.

## Author

### Panorama Education

Playbook is Panorama Education's professional learning library that connects educators with hundreds of instructional resources across academics, behavior, attendance, family engagement, and life skills to help support students holistically.

