

Name:

Grade:

Date:

Management of Anxiety

Objective:

To give simple and daily strategies for the management of anxiety.

Materials:

- None, only a large room, preferably with mats.

Instructions:

Two strategies will be worked out, the first is muscle tension and relaxation:

1. The students will be in a comfortable position, they can be seated or lying down without crossing their legs or arms.
2. The instruction is as follows: they will make strength with all the muscles of the body, tensing them tightly while they count to 10, then, they will relax the muscles, ceasing to make strength.
3. You can vary the exercise, so that on one occasion you first relax a certain group of muscles and then others, to increase body awareness during relaxation.
4. Students should inhale for a count of five, hold the air for another count of five and exhale for another count of five. An adaptation that can be done to this activity is that while they count to 5 they draw a pentagon on a white sheet with blue color. To make it easier for students, ask them to trace first line inhaling, second line inhaling, third line inhaling, fourth line inhaling, fifth line inhaling.

Then again trace first line holding breath, second line holding breath, third line holding breath, fourth line holding breath, fifth line holding breath. In a third-round tracing, first line exhale, second line exhale, third line exhale, fourth line exhale, fifth line exhale.



