

## Sample Scripts for Relaxation Training

### Step 1: Explain rationale for progressive muscle relaxation to child

"Sometimes we all feel a little on edge, or nervous. When we have those feelings, our bodies can sometimes get tense or tight. This is an uncomfortable feeling - sometimes it even hurts to be tense. To help get rid of those tense feelings, we're going to figure out a way to help you learn to relax your body. This will help you feel looser and calmer."

### Step 3: Demonstrate technique and induce relaxation

#### Script for young children/full body relaxation

"Have you ever seen spaghetti noodles before they are cooked? What do they look like? Right, they are very stiff and not relaxed at all. How about spaghetti after it's cooked, what is that like? Right, bendy and twisty. Well, that's what I'd like us to do. First, we'll pretend to be uncooked spaghetti and be very tense and standing up very straight. And then we'll be cooked, loose and relaxed spaghetti. Good! OK now...Let's see you do it. Uncooked spaghetti (pause a few seconds)... Cooked spaghetti."

#### Script for older children/progressive muscle group relaxation

"OK now that you are comfortable, I'd like you to listen carefully. I am going to be making you aware of certain feelings of tension in your body and then showing you how to reduce those tensions. Watch the movements I make and then make them yourself. First, point your toes back up toward your head. Feel the tension that occurs in your feet, ankles, and lower legs. Pay close attention to the feelings of tightness and tension. And now relax your feet, let them return to their normal position. Feel the difference in your feet, ankles, and lower legs; where it was tense just a moment ago, there is now a feeling of relaxation. Now straighten your right leg and lift it off the chair. Feel the tension on the top of your leg and also in your stomach. Pay attention to that feeling of tension. And now let go, let your leg relax and return to the chair, and note the difference between the relaxation you now feel and the tension that was there before."

This same basic instruction is then given for each major muscle group moving up the body, such as arms/biceps, stomach, shoulders, neck, face, and eyes/forehead.

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