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Healthy Hands

KS1 – Relaxation





* Make sure your feet are flat on the floor, your bottom is on the chair, and back is straight.
* Rotate shoulders – make circles and loosen shoulder muscles x 5
* Shrug your shoulders x 5
* Hang arms/ hands down by your sides and shake
* Place palms together- fingers spread, press together and release
* Push elbows out – lift up and down
* Fingers interlaced – stretch arms out in front.
* Push palms away from the body x 5
* Arms down by your sides- clench and unclench hands
* Shake hands
* Flick fingers- one at a time
* Rest hands in your lap, close your eyes, focus upon your breathing slowing down.
* While the students have their eyes closed, place a sticker and homework in front of them.
* End session