



Teacher Guide – Teen Module 2

Relaxation Skills
<p>Overview for Teachers: In this module, students will learn and practice identifying situations when they feel stressed or upset. They will then learn relaxation skills to use so they can cope effectively with these feelings. Relaxation skills taught in this lesson are paced belly breathing, progressive muscle relaxation, and guided imagery. These relaxation techniques have been shown to be effective in reducing feelings of stress and anger.</p>
<p>Introduction for Students: <i>Today’s lesson focuses on relaxation skills. You can use these skills when you are feeling upset or stressed, and they can help you to feel calmer. Please watch these videos and complete the following worksheets.</i></p>

Videos and Worksheets	
Videos	Worksheets
<p>Relaxation Skills Part 1: Introduction and Paced Belly Breathing</p>	<ul style="list-style-type: none"> • Overview of Relaxation Skills Handout
<p>Relaxation Skills Part 2: Progressive Muscle Relaxation and Guided Imagery</p>	<ul style="list-style-type: none"> • Overview of Relaxation Skills Handout

The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain, and empower parents, professionals and policymakers to support children when and where they need it most. Together with our supporters, we’re helping children reach their full potential in school and in life. We do not accept any funding from the pharmaceutical industry. Learn more at [childmind.org](https://www.childmind.org).