

4TH GRADE



Body Awareness: **Relaxation vs. Tension**

Unit 1.3 Neuroscience
SEL Lesson 3

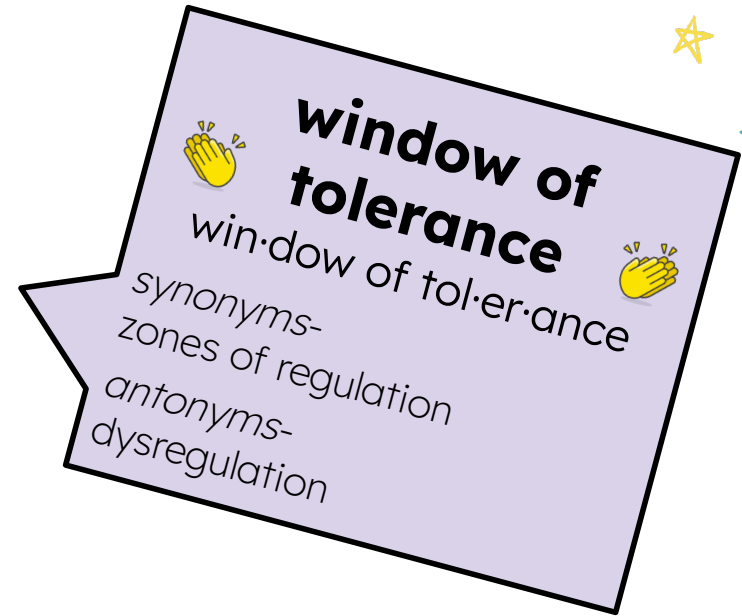
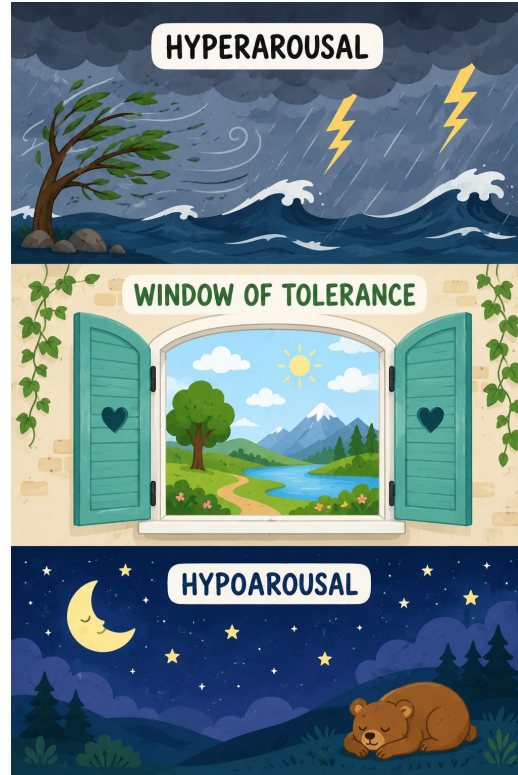


Class Connect

- How are you feeling today?
- Is this different from when you have to take a test?
- Would your rating change if you had a performance/big game?



Review



Why is today's lesson important?

Relaxation vs Tension



Regulation

"I can recognize and manage my emotions."



Perseverance

"I can demonstrate endurance and capacity to complete tasks."

definition

- mental or emotional unrest or strain
- activated muscle
- stress between two things

tension



ten·sion

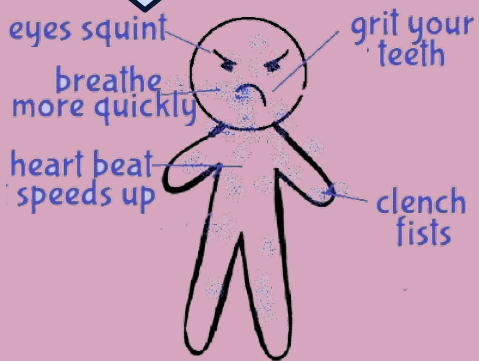


synonyms-
stressed, tight, stiff

antonyms-
relaxation, limp, calm

example

- muscles flexed
- furrowed eyebrows



question

- What emotions may someone be feeling when there is **tension** in their body?

non-example

- sleeping
- moving arms like spaghetti

definition

- inactive muscle
- at ease
- reduction of force

relaxation



synonyms-
loose, comfortable
antonym- tension

example

- taking deep breaths and dropping your shoulders
- laying in a hammock



question

- Where is the most **relaxing** place to you? What does it look and sound like there? How does it sound and smell? How does it feel?

non-example

- clenching fists
- planking

Brain States

TENSE BRAIN



- Feels tight or jumpy
- Fast breathing, tense muscles
- Hard to think clearly
- Wants to fight, run, or hide

VS.

RELAXED BRAIN



- Feels calm and focused
- Slow breathing, relaxed body
- Can solve problems
- Ready to learn, connect, and try again





Good Stress vs Bad Stress

Why is it important to know the difference?

- One protects us, one wears us down
- To help us know what we need to do to manage the tension

What are some strategies that help you relax and handle stress?

- Talk to a loved one or trusted friend
- Deep breaths
- "Squeeze the lemon"
- Spend time outside
- Laughter!

Movement



We have **learned:**

- My brain can experience stress.
- When I practice exercises, I can reduce the tension and achieve relaxation.
- My brain state impacts how I learn information.
- A relaxed brain is ready to learn!

Peace Out

Activity &



Let's **practice relaxation** techniques together!

Guardian Extension

- Talk with your students about situations where they experience tension and practice strategies for relaxation!



Teacher Extension

- Brainstorm with your students way you can work together as a team to make the classroom a more relaxing space.





THANKS



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