



Squeezing Body Yoga

Resources you will need –

- Space to lay down
- A relaxing and quiet environment

Why use ...

Body Yoga is an intervention that can be completed on a 1:1 basis or with a whole class.

It allows individuals to become aware of their body, and it grounds them and relaxes them when they may be feeling overwhelmed.

This gives young people a better understanding of their body and also helps them to harness energy when they are overstimulated.

How to...

Clear a space so that everyone can lay on the floor without touching each other.

Choose someone to lead the intervention (usually a teacher or teaching assistant).

Start off by asking everyone to squeeze their toes up really tight, and then breathe out as they relax. Slowly continue this squeezing and relaxing, with each body part, working up towards your shoulders.

When you have squeezed every part of your body, complete three full body squeezes and relax.

Whilst laying down, complete five breaths in an out. Everyone should now feel relaxed and have less tension in their bodies, ready to be focused.