


# Starlight Relax and Focus



Age	5-7
Objective	To allow the mind to focus on one thing, to enhance concentration and relaxation. 
Prep:	Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs and to lie down if necessary. Image/clip of a star shining. Read a story about a star if possible. Young children might like to sing 'Twinkle Twinkle Little Star'. Some relaxing music to play in the room would also be beneficial. A calm, quiet and relaxing voice.
Opener:	Today, we are going to practise using our minds to concentrate on one thing. We have lots of ideas and questions whizzing around in our heads so sometimes it's hard to concentrate on just one thing. But the more we practise, the better we will be at learning in school, at sport, dancing and anything in life!
Main Session:	<p>Let's begin. Everyone, sit crossed legged, back straight, shoulders back and chin tucked in towards the chest. Hands on knees. Take a big breath in so your tummy is full and let a big sigh out. Repeat two more times.</p> <p>I'm going to play some calming music to help us really relax (if using). Keep breathing calmly.</p> <p>OK, here is a picture of a star. See how it shines brightly in the night sky. Let's focus on that image. Look at the star carefully. Can you see all the different shapes? Are there different colours? Keep breathing slowly and keep looking at the star.</p> <p>Now, close your eyes and try and picture the star inside your mind. Can you see it? Keep breathing and thinking of that star. If you lose focus, don't worry, just open your eyes and look at the picture again. When you've looked at the star for a few moments, you can close your eyes again. Let's stay here in this relaxed concentration for a few moments (judge time here depending on the age of the children). Keep breathing.</p> <p>It's time for us to lie down to become even more relaxed. Let's carefully go down onto our backs with our hands facing the ceiling. Close your eyes and drift off into your relaxation. Keep breathing. You might want to imagine the star again or something else you find relaxing. A calm sea perhaps or snow falling gently onto the ground. Keep breathing and let's stay here for a few moments (again, judge timing based on age of the children).</p>
Closing	OK, it's time to slowly come up to sitting. Crossed legged as we started. Take a really big breath in and let it out with a big sigh... ahhhhhhhhh. Well done everyone, good concentration and relaxation.
Extension Opportunities	Discuss how the children might feel now. Discuss the images the children were using when lying down to help them relax.

