

SEA GULLS

Music for Rest and Relaxation

INTRODUCTION

Everyone knows how the stresses and tensions of a busy day can build and multiply, causing fatigue, irritability, and inability to concentrate. A daily period of relaxation will result in more enjoyable and efficient learning. This recording is designed to provide soothing music as a background during such rest periods. Lying on a mat or carpet in a dimly lit room, it is helpful if students are encouraged to:

1. Breathe deeply and slowly.
2. Close their eyes and relax them.
3. Become aware of and relax the muscles of the legs, arms, back, stomach and face.

Movement can also be a means of relaxation. Movement done in a regular, rhythmic pattern is particularly relaxing. The following activities are designed to be used with this music to provide relaxation. They can be used in physical education classes or as breaks from work and study in the classroom. Many of the activities consist of challenges that are interesting and totally involve the student, focusing both mind and body on the given goal.

SLOW MOTION MOVING

These activities have the effect of calming, focusing energy and developing awareness of the total body.

1. *Sitting and Standing* - When you hear the music, begin slowly standing. Moving continuously throughout the song, try to end in a standing position just as the music ends.

Variation: For the duration of one song, move from sitting to standing to lying

2. *Walking* - Start at one side of the room. When you hear the music, begin walking slowly to the other side of the room. Moving continuously throughout the song, can you arrive at the other side the room just as

the music ends?

Variation: Use other forms of slow motion locomotor movements:
walk backwards - crawl - slither - roll

DEEP BREATHING

Deep, rhythmic breathing has long been recognized as one of the simplest, most effective means of relaxing and calming the mind and body.

1. Stand in a relaxed posture. Inhale through the nose, raising your head, and pause. Then exhale through your mouth, lowering your head and pause again. This can be done with the rhythm of the music using a variety of patterns. Examples.

In 3/4 time - Inhale 3 counts, pause 3, exhale 3, pause 3.

Simplified - Inhale 6, exhale 6.

In 4/4 time - Inhale 8, pause 4, exhale 8, pause 4.

2. To encourage an even-balanced standing position and add interest and challenge, breathing patterns can be done while standing on a balance board. This is a flat plywood board 12" x 18" resting on the 4" side of a two-by-four.

3. Yoga breathing is carried out using a complete breath. All the stale air is forced out before the fresh air is inhaled. Students may begin by mirroring the teacher doing a complete breath standing, and after they have learned the pattern, move in their own rhythm.

Stand with your head dropped forward and your hands hanging by your side. Exhale. Then slowly raise your arms and palms up. At the same time raise yourself on tiptoes and slowly inhale so that your lungs are full when your hands meet above your head. Pause on tiptoes and turn your hands palms outward. Now slowly lower your arms, sink back on your heels, and let the last of your breath out as you reach your starting position.

ROCKING

Rocking is an easy movement that can be both relaxing and enjoyable. Rocking rhythmically with the music adds interest and makes the movement even more restful.

1.a) Rocking on Back - Cradle or Egg Rock: Lying on your back, bring knees up to chest, hold them with arms. Rock back and forth; rock side to side.

b) Place feet on floor. Roll legs and hips side to side while keeping upper body still; roll head side to side keeping the rest of body still; roll head and legs to opposite sides.

All of these are done in a regular rhythm with the music.

2.) Rocking in Pairs - Face your partner with feet extended in front touching your partner's feet. Join hands and rock back and forth; rock in a circular motion.

This exercise increases flexibility of legs and back which also aids in relaxation.

EXERCISE FOR VISION IMPROVEMENT

Many of these exercises are based on the theories of Dr. William H. Bates. He believed tension to be a major cause of poor vision and these exercises are designed to relax the body and enhance vision. Music encourages the students to move in a slow rhythmic way.

1. Long Standing Swing - Start with feet parallel and comfortably apart. Let arms hang loosely. Moving in a slow rhythmic way, swing your entire body to the right putting weight on right foot and letting left heel rise from floor. Repeat on the left side, continuing back and forth with the rhythm of the music.

2. Neck Rotation - Slowly rotate your head around your shoulders, letting it hang loosely. Alternate slowly and rhythmically 3 times to the right and 3 times to the left.

3. Lazy Eights - Draw imaginary figure eights easily in the air

with your nose. These loosen the back of the neck and calm the nervous system. They can also be done using just the eyes.

PROGRESSIVE RELAXATION

1. Lie down. Breathe slowly. Imagine each part of your body becoming heavier. Teacher may say something like, " Concentrate on your left leg. Imagine it becoming heavier and heavier. Let go, let go, let go." Similarly: right leg; left arm; right arm; stomach; back; head; etc.

2. Neuro - Muscular Disassociation Exercises - These exercises are used in preparing expectant mothers for natural childbirth and are very effective in teaching anyone muscle control and awareness of tension. Relaxing all other parts of the body as much as possible,

Contract right arm. Relax

Contract left arm. Relax

Contract right leg. Relax

Contract left leg. Relax

Contract right arm & right leg. Relax

Contract left arm & left leg. Relax

Contract right arm & left leg. Relax

Contract left arm & right leg. Relax

Contract lower back. Relax

Contract abdominal muscles. Relax

Contract forehead. Relax

Contract neck. Relax

Contract buttocks. Relax

Contract shoulders. Relax

Suggestions: Mix commands; relax to touch as well as to vocal commands; contract muscle groups, concentrating on relaxing rest of body while breathing comfortably.

COUNTING AND MOVING

These exercises develop the ability to concentrate and focus energy. The teacher plays a woodblock, triangle, or bell on the first or first and third beats of each measure. Students start from sitting position. Here are some examples of types of challenges the teacher might present:

Close your eyes and listen to the woodblock. On the 7th beat, stand up.

On the 5th beat, jump up and down one time.

On the 10th beat, lie down.

On the 8th beat, slowly raise one leg.

On the 3rd beat, let it drop to the floor.

On the 4th beat, slowly raise your arms.

On the 9th beat, let them fall to the floor.



Words and Music by Hap Palmer
© Hap-Pal Music, Inc.
Recording © 1978,2004 EAProdux, Ltd.

Educational Activities, Inc.
PO Box 87
Baldwin, NY 11510
800-797-3223

Call for a free catalog or visit us online.
www.edact.com