

Volume 4: "Relax and Trust"



Age Group: Elementary (K-5)

Duration: 2-3 weeks

Learning Objectives:

- **Learn relaxation techniques**
- **Build trust in self and others**
- **Develop patience and acceptance**
- **Manage anxiety and stress**

Classroom Activities:

- **Progressive muscle relaxation exercises**
- **Trust-building partner activities**
- **"Worry Box" for classroom concerns**
- **Relaxation story time**

Assessment:

Students demonstrate relaxation technique and explain trust concepts

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3-Week Implementation Plan

Week 1: Learning to Relax

Lesson 4.1: Understanding Tension and Relaxation (Day 1)

- **Objective: Identify physical and mental tension**
- **Materials: Book, stress balls, relaxation music**
- **Opening (5 min): Read pages 1-10 about ninja relaxation training**
- **Activity (15 min): "Tension Detective" - find tight spots in body**

- **Practice (15 min):** Progressive muscle relaxation (tense and release)
 - **Closing (5 min):** Compare feelings before and after
 - **Homework:** Practice tension release before bed
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Lesson 4.2: Breathing for Relaxation (Day 2)

- **Objective:** Use breathing techniques for deep relaxation
 - **Materials:** Comfortable seating, calming music
 - **Opening (5 min):** Share relaxation homework experiences
 - **Activity (20 min):** Learn "4-4-6-2" relaxation breathing pattern
 - **Practice (10 min):** Guided relaxation breathing session
 - **Assessment:** Students demonstrate relaxed state
 - **Homework:** Use relaxation breathing when stressed
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Lesson 4.3: Mental Relaxation Techniques (Day 3)

- **Objective:** Relax the mind through visualization
 - **Materials:** Guided imagery scripts, soft background sounds
 - **Opening (5 min):** Check in on breathing practice
 - **Activity (15 min):** "Safe Place" visualization creation
 - **Practice (15 min):** Guided journey to personal safe place
 - **Assessment:** Students describe their safe place
 - **Project:** Draw or write about safe place
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Week 2: Building Trust

Lesson 4.4: Self-Trust Development (Day 4)

- **Objective:** Build confidence in personal abilities
 - **Materials:** Achievement journals, success story examples
 - **Opening (10 min):** Share safe place artwork
 - **Activity (15 min):** "Success Inventory" - list personal achievements
 - **Practice (15 min):** Self-trust affirmations and visualization
 - **Assessment:** Students identify personal strengths
 - **Homework:** Daily self-appreciation practice
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Lesson 4.5: Trusting Others (Day 5)

- **Objective:** Develop healthy trust in relationships
 - **Materials:** Trust-building activity props, scenario cards
 - **Opening (5 min):** Share self-appreciation experiences
 - **Activity (20 min):** Partner trust exercises (appropriate for age)
 - **Practice (15 min):** Trust circle discussions
 - **Assessment:** Students demonstrate trust concepts
 - **Reflection:** Write about trusted people in life
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Week 3: Integration and Application

Lesson 4.6: Relaxation and Trust in Daily Life (Day 6)

- **Objective:** Apply skills in real-world situations
 - **Materials:** Daily situation cards, relaxation toolkit
 - **Opening (10 min):** Share trust reflections
 - **Activity (15 min):** Problem-solve using relaxation and trust
 - **Practice (15 min):** Create personal "calm down" plan
 - **Assessment:** Students demonstrate integrated skills
 - **Final Project:** Teach relaxation technique to someone else
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Final Assessment:

Students show mastery of relaxation techniques and explain trust concepts.