

# My Anxiety Plan

## FOR EDUCATORS



### Body Scan Script (Child/Teen)

Close your eyes. Let your shoulders drop down and away from your ears. Now, focus on your breathing. Take a slow breath in...and out...and just keep focusing on your breathing.

The goal of this exercise is to just notice things happening in different parts of your body. Try not to get caught thinking about whether things in your body feel good, bad, uncomfortable, painful. Just see if you can notice what you feel – for example, do you notice tingling, warmth, tightness, or something else. Again, it's not about whether these things feel good or bad, it's just about noticing them.

Continue to breathe in...and out... Notice your lungs slowly fill up with air when you breathe in and slowly go down when you breathe out. Just like a balloon when you blow it up and then slowly let the air out.

Now, focus on the parts of your body touching the floor, couch or bed. Every time you breathe out, let your body sink a little deeper into the surface below you.

Focus on your left foot and notice what you feel. You don't need to do anything about those sensations, just notice them. Now focus on the bottom of your left leg or calf. Notice any sensations. Don't need to do anything about them, just let them be there. Now, focus on the upper part, or thigh, of your left leg. Whatever sensations you feel, just let them be there. If you don't feel anything at the moment, that's okay too.

Now, focus on your right foot and leg. Simply notice all the feelings and sensations. Just notice. You don't need to do anything about them.

Our minds will often wander off and we'll start thinking about other things. When you notice your mind has wandered just bring it back to your breath. Just focus on your breathing.

Now focus on your stomach. Feel it rising as you breathe in. Sinking as you breathe out. Nice and slow. Keep breathing in... and out... Continue to notice any feelings or sensations in your stomach.

Now focus on your left hand and arm. Notice what you feel. Again, if you don't feel anything at the moment, that's okay.

Now focus on your right hand and arm. And just notice what you feel.

Now focus on your chest, neck, and face. Feel the sensations in your jaw, and your throat. Notice how the back and the top of your head feels.

Now, take a moment to notice your whole body and how every part is connected. Notice what you feel – tingling, warmth, coolness, heaviness... Notice what you feel without thinking about it as being good or bad, or that you have to do anything about it. Just notice.

Now focus again on your breathing. Notice your lungs fill up and come down as you breathe in and out. Keep focusing on your breathing and when you are ready, slowly open your eyes.