

## Relaxation Strategies

**Suggested Year Levels:** Middle School – High School

**When to use:** Before a test, at home

**Background:** Many students feel stressed before exams. Whilst some stress is good, too much stress can lead to anxiety and confusion. You Tube has some great resources to help students relax.

**Materials:**

You Tube: Check out the following or type “Relaxation Meditation” into the search engine

- <http://www.youtube.com/watch?v=Zh-klfBJHc>

**Activities / Procedures**

1. Check out video before advertising it to class, or showing students
2. Discuss as a class when students could use the videos.