



Activity, Sport and Play for the Inclusion of Refugees in Europe



5.4. Playing field 5

Promoting calming



Duration

15 minutes



Material

Mat, e.g. yoga mat



Group Size

Any size



Aim

Create an atmosphere where participants feel relaxed



Age

4+



Source

ICSSPE – International Council of Sport Science and Physical Education
www.icsspe.org

Guided Relaxation

1. Information

This exercise helps to promote calming, a key intervention principle helping the affected population to realize and acknowledge that certain stress reactions are common when exposed to extreme situations. But be aware, that not all relaxation exercises are suitable for traumatized persons. No one should be pressured to participate!

2. Description

The facilitator makes sure that each participant finds a place to sit or lie down. Ask participants to close their eyes (if comfortable with it!). Guide the participants through a visualisation exercise. Remember to have a clear aim and use a calm, soothing voice. Use a script.

Example of a Script:

- Sit with your back straight or lie down. Have your eyes closed and follow your breathing. Feel the air coming through your nostrils, feel your inhalation and exhalation. (Wait 20 seconds).
- Imagine you are in a flowery meadow where the sun is shining. (Wait 20 seconds)
- Now feel as the beam of sunlight reaches your forehead. Feel the warmth of it. Now feel as the beam is slowly moving downward, shining on your head, neck and shoulders, your arms, chest, until it shines on your whole body.
- When you're ready open your eyes again.

3. Adaptations

Adaptations are not needed, since participants can find their own preferred position.

4. Evaluation / Debriefing

The coach can ask the participants how they felt during the exercise and if they were really able to relax. Relaxation is an exercise that people need to accept and allow and it might need some sessions to get used to it.



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