

# Lesson Plan Title:

## Practice a Group Relaxation Technique

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### Lesson Focus and Goals:

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This lesson will allow group participants to explore and experience different relaxation techniques. In addition, it will allow members to increase their knowledge of the techniques and help build their confidence in using the strategies whenever they are faced with a stressful situation.

### Materials Needed:

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Materials may vary depending on what relaxation technique(s) you are practicing with group members. For example, if you choose to facilitate a guided meditation, you might use a meditation script or play an audio guide.

### Activity Structure:

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Inform group members that you will all be practicing a stress management technique together, and tell them a bit about the specific strategy. Have group members find a comfortable seat or move to an area that is appropriate for the coping strategy. Pass out any materials that are needed and provide participants with further instructions. Begin the activity when you are ready. Afterward, have group members reflect on their experiences and note any changes in their stress levels. This same lesson plan can be used for several different relaxation techniques.