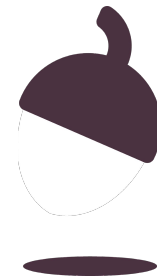


Sensory Integration - Oral / Breathing

Getting ready for bed

Anele Griessel



OAK
NATIONAL
ACADEMY

Relaxation Story: *On a Boat on a Peaceful River* by Tess Dupont

Close your eyes and take a deep breath. Pretend you are on a boat on a peaceful river. What colour do you want your boat to be? Are you with friends and family? Pretend you can see a blue sky above you. Take a deep breath in. What do you smell? Exhale and release all the air from you. Inhale fully again and exhale fully.

As you do breathe deeply, feel your arms and legs get floppy, all limp and relaxed. Let yourself sink into whatever you're lying on, until you are so relaxed you don't want to move. While your body relaxes, pretend you're lying in your own special boat, or think of any other wonderful things that make you feel relaxed.

Now pretend you see a beautiful, big, colourful feather fall gently into your boat. It can be any colour, shape and size you want. Pretend you pick it up and rest it on the palm of your hand. Now take a deep breath in and blow that feather away. Watch the feather float away down the peaceful river and let it take away all your worries and fears of the day.

