

Ice Breaker - Active Relaxation

Summary: Participant practice releasing tension.

Objective: Energizer

Materials Required: None

Time Limit: 5-10 minutes

How it Works:

1. Explain that active relaxation is a way of interrupting muscular tension.
2. Ways to relax:
 - a. Stretching – Encourage participants to try out stretching movements of the arms and legs. Ask them to share good stretches.
 - b. Shaking – Emphasize that laughter helps relaxation, so it is encouraged at all times during the exercise.
3. Start by having participants shake their hands and see how loose they can get them, suggesting movements at all angles of the wrist, not just back and forth. Ask participants to extend this to arm shaking.
4. Move the shoulders – make them shudder, tremble, rotate. Demonstrate that letting out the noise that goes with a shudder adds to the relaxation. Practice releasing shoulder tension while moving around.
5. Explore shaking of legs and feet in a similar way to hands and arms.
6. Ask people to explore how far they can start shaking one part of their body and get the rest to join in.

Tips:

1. Exercises can be used one at a time for 5-minute energizers.
2. A "silly walks" competition can be held for walks that involve loosening as many muscles as possible.