

Guided Sleep Meditation

Close your eyes and be as still as you can. Focus on your breathing. Breathe in and out. In and out.

Feel your toes, feet and legs. Are they tight and tense or are they relaxed? Now, relax those muscles. Feel your body – the muscles in your tummy and your back. Relax those now so that there is no tightness.

Think about the muscles in your arms, hands and fingers and relax them gently. Concentrating on your shoulders and on your neck, relax the muscles and let go of any tension.

Feel the weight of your head on the pillow and let it sink right in. Feel yourself falling into a deep, relaxed sleep.



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).



PSHE and Citizenship | Year 5 | Health and Wellbeing |
It's My Body | Sleep Well, Be Well | Lesson 2

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