

Mind the Music

First Class: Relaxation

Start

Tell two ways this helps you personally.

- Helps you enjoy the music
- Helps you to calm down
- Helps you to fall asleep
- Helps you deal with people
- Helps you be yourself
- It's fun
- Something else

Ask which of these are most important to them.

What

Relaxation is when your muscles loosen or you settle into your posture.

Where

Body (they will learn about their minds later)

How

Take a deep breathe and relax when you exhale.

Intentionally drop your hands, legs, face, shoulders.

Listen to music that will help you relax.

Note and Label

To note means to find something and pay attention to it. To label means that you say what that thing is. One way to do this is on a rhythm with the music. Every beat, or every few beats, find relaxation in your body, and say "Relax" in your head. Do this again and again for the whole song. Another way to do this is to wait for the music to relax you, and then say "Relax" in your head.

- Do three songs. For the first song, have them label in their heads. For the second song, you label out loud for the first half, and have them label out loud for the second half. For the third song, have them label in their heads.
- After each song, ask them how it was for them. Try to get them to talk. If they talk, say "That's interesting." Have a conversation. Share how it was for you.
- If you don't understand what they are saying, tell them you don't understand. If you don't know, say, "I don't know."
- If they don't have anything to say, then ask more questions, like:
 - What was good?
 - Do you understand the technique?
 - Was the first part of the song the same as the last part of the song?
 - Was it easy to stay on rhythm?
 - Was it easier or harder when you said the word out loud?
 - When you were relaxed, where were you?

Zooming

Zooming means to concentrate on part of something, or all of something. For relaxation, it means to concentrate on relaxation in part of your body, or over your whole body. To zoom in means to concentrate on relaxation in part of your body. To zoom out means to concentrate on relaxation over your whole body. Either one is fine, or to not do this is fine. It is just an option.

Do one or two more songs. Talk more.

Finish

Tell them that if they do it every day, the good things you mentioned in the beginning of the class will happen. Give one example from your own life. It can be the same as what you said in the beginning.

Tell them that they can do this any time, not just with music.

Finish after one hour.