



TRAPEZIUS SQUEEZES

CALMING & REFOCUSING STRATEGIES

LESSON PLAN

Purpose

Calming and Refocusing activities help students regain calm after exercise or high energy transitions and bring their attention back to their body by focusing on breathing and slow purposeful movement. The use of these strategies can aid in self-regulation, stress reduction, and attention refocus.

Materials

- Trapezius Squeezes instructional video: [Elementary](#), [Middle](#), [High](#)

Procedure: *Instruct students to*

- Hold their hand in a 'C' shape and cup their opposite shoulder
- While lightly squeezing the trapezius muscle
 - Look over one shoulder
 - Look over the other shoulder
 - Look up
 - Look down
- Repeat using their other hand on the opposite shoulder

Modifications: *Students can*

- Sit in a chair, on the floor, or stand
- Vary their squeezing pressure
- Perform squeezes without neck movement



VIRGINIA
Chief Movement Officer


fresh
WWW.FAUQUIERFRESH.ORG



TRAPEZIUS SQUEEZES

CALMING & REFOCUSING STRATEGIES

CLASSROOM APPLICATION

Recommendations

- Younger elementary classrooms can use curriculum concepts of 'heavier' and 'lighter' for the pressure applied to the trapezius muscle.
- Count to a certain number before switching sides so they do not switch too quickly.
- This strategy can be paired with sensory pressure up/down the arm (see: Squeezes strategy).
- Sensory pressure of this strategy may be especially beneficial to students with special needs.
- Ask students to close their eyes. This may reduce any self-consciousness they may feel practicing this strategy in front of others.
- Modify to include breathing prompts to correspond with head turning motions (i.e, "breathe in", "breathe out", etc.).
- Cue students to experiment with using lighter or heavier pressure depending on what feels best.



VIRGINIA
Chief Movement Officer


WWW.FAUQUIERFRESH.ORG