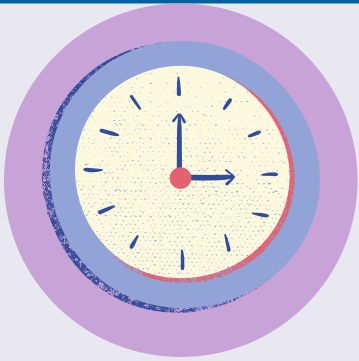


Autogenic Training



What Is Autogenic Training?

- It involves visualizing heaviness and warmth of the legs and arms. This is followed by the strength of the organs, heart, and breathing.
- It can reduce hyperarousal, stress and increase self-regulation.
- This can be done lying down or sitting. The eyes should be closed while completing this technique in a quiet environment.

Autogenic Training Script

Step 1

- My right arm is getting heavy.
- I am feeling heaviness in my right arm.
- My left arm is getting heavy.
- I am feeling heaviness in my left arm

Step 2

- My right leg is getting heavy.
- I am feeling heaviness in my right leg.
- My left leg is getting heavy.
- I am feeling heaviness in my left leg.

Step 3

- My right arm is getting warm and comfortable.
- I am feeling a warmness in my right arm.
- My left arm is getting warm and comfortable.
- I am feeling warmness in my left arm.

Step 4

- My right leg is getting warm and comfortable.
- I am feeling warmness in my right leg.
- My left leg is getting warm and comfortable.
- I am feeling warmness in my left leg.

zzz

These steps can be read out loud to your child, played on a recording, or the child can even say them in their mind.



Autogenic Training Script

Step 5

- My heartbeats are regular and steady.
- My heart is strong.
- I am feeling the strength in my heart.

Step 6

- My breathing is regular and steady.
- My lungs are strong and healthy.

Step 7

- My stomach is soft and warm.

Step 8

- My forehead is cool and relaxed.

Step 9

- My body and mind are completely relaxed and rested.
- Slowly, open your eyes.