Relaxation exercises are effective in teaching children with an Autism Spectrum Disorder (ASD) and other special needs how to self-regulate and develop self-control over his body, mind and behaviour. Relaxation techniques support children to develop longer attention spans, become more focused, experience greater relaxation, reduce in anxiety, and develop a better body awareness.

The iMsocial™ program incorporates activities that will focus on three primary areas of relaxation:

1. The **Progressive Muscle Relaxation** technique helps to relax the muscles into a deep relaxation by the tensing and relaxing of them. This technique is supportive of increased body awareness.

2. The **Guided Imagery** relaxation technique focuses on the relaxation of the mind. The guided imagery helps to focus and direct the thoughts, feelings and attention to one area.

3. The **Yoga Relaxation** technique uses breathing, postures and meditation activities. The breathing activities and controlling the breath, as well as the posture activities, such as strengthening, stretching and calming of the body, together with meditation activities to quiet the mind, all increase the body awareness and self-control over the movement of body and mind.
References


