

# Body Scan Technique



Start at the top of your body  
Focus on each different part of your body and your muscles to make yourself aware of them. If they feel tight or uncomfortable try to consciously relax them.

Face – are you frowning? is your jaw locked?  
Shoulders and back – are they tight or tense?  
Arms- Are they crossed or locked?  
Hands – Are they open or closed?  
Continue doing this down your body to your feet then go back the other direction from your feet to your head to check everything is still as relaxed as possible.



@HeadStartKent

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