**Зарядка для глаз.**

 Look left, right

 Look up, look down

 Look around.

 Look at your nose

 Look at that rose

Close your eyes

Open, wink and smile.

Your eyes are happy again.

**Пример комплексной релаксации. Продолжительность 3-5 минут.**

**(Quiet music)**

Sit comfortably. Close your eyes. Breathe in. Breathe out. Let’s pretend it’s summer. You are lying on a sandy beach. The weather is fine. The light wind is blowing from the sea. The birds are singing. You have no troubles. No serious problems. You are quiet. Your brain relaxes. There is calm in your body. Nothing diverts your attention. you are relaxing. (Pause) Your troubles float away. You love your relatives, your school, your friends. They love you too. Learn to appreciate every good thing. The Earth is full of wonders. You can do anything. You are sure of yourself, that you have much energy. You are in good spirits. Open your eyes. How do you feel?

**Пример аутогенной тренировки:**

My right arm is warm,

I’m closing my eyes…

My left arm is warm,

My right leg is warm,

My left leg is warm,

My body is warm.

All my muscles are relaxed.

I’m resting.

I’m going to open my eyes.

I’m full of energy.

I’m active and strong.

I’m ready to work.