

## **Visual Physiological Response Activity**

20' 60-90-120 seconds, 20' intervals

30' intervals

No music!

Activity: Partner activity.

Use the following commands to students and have them do that action that is appropriate.

**Commands:**

- Stand up
- Show your arms
- Move your head up and down.
- Close your eyes.
- Close your hands.
- Open your hands.
- Sit down in your chair.
- Put your hands on the table.
- Take breaths.
- Leave breaths.
- Open your eyes.

**Instructions:**

Check your student's do all commands. Only respond students if they are relaxed.