

Eye Palming Technique

Get Comfortable: Find a quiet spot where you can sit comfortably, either in a chair or on the floor. Make sure it's a peaceful place you can relax without distractions. Take a deep breath in slowly through your nose, then breathe out gently through your mouth or nose. Do this a few times to help center yourself.

Rub Your Hands Together: Rub your palms together quickly for about 10 seconds. This will warm them up and make them feel cozy.



Place Your Palms: Close your eyes and gently place the four fingers of each hand over your eyes. Don't press too hard—just enough to block out the light.



Feel the Darkness: Take a moment to notice how it feels to have your eyes covered. Breathe slowly and notice any sensations connecting your breath to your body.



Tap Your Fingers: While your hands are over your eyes, gently tap your fingertips on your eyebrows or just above your eyes. Tap lightly for about 30 seconds. This helps both sides of your brain work together!



Keep Breathing: As you tap, keep breathing deeply. Breathe in slowly through your nose, hold for a moment, and then breathe out through your mouth or nose.



Open Your Eyes: After about a minute, slowly take your hands away and open your eyes. Look around and see how everything looks. How do you feel?

Tip: This is a good way to rest your eyes, especially if you've been looking at screens for a while.



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