



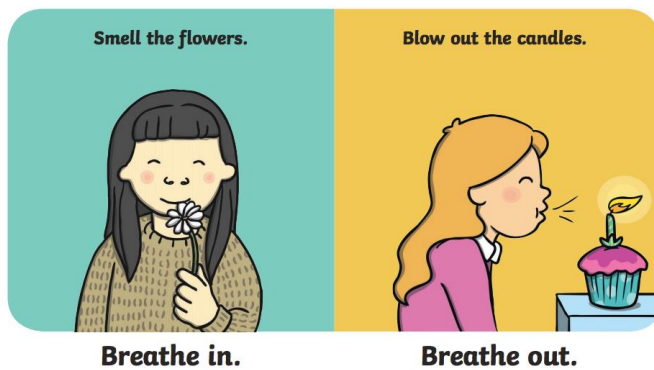
# RELAXATION

Here are a few relaxation ideas to practise with your child at home.

## 1. Breathing techniques:

These pictures demonstrate a useful breathing technique to help calm and control breathing. Ask your child to 'smell the flower', breathing in, then 'blow out the candles', breathing out. This can be repeated to create a calming effect.

### Relaxation Breathing



## 2. Massage and Squeezes:

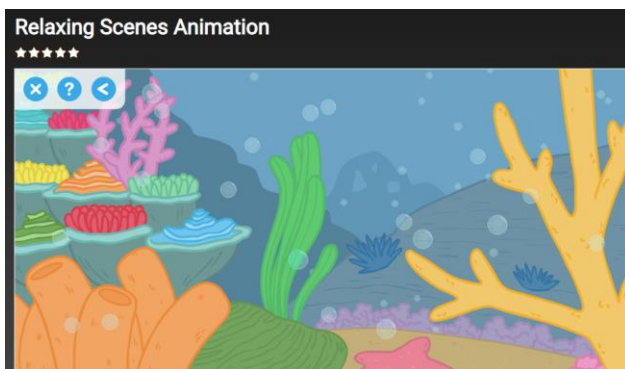
Ask student to make a choice from different smelling creams to use to give student a hand massage, listening to music creating a calming effect (could link with soap and water to support students with hand-washing guidance). Gentle pressure on their shoulders can ease tension or gentle squeezes as a big bear-hug style for younger children.



## Online Resources:

1. Twinkl: <https://www.twinkl.co.uk/resource/t-c-1468-top-ten-relaxation-techniques-with-children>

Some really useful ideas to support helping children relax including pictures and music to accompany



2. Cbeebies: <https://www.bbc.co.uk/cbeebies/joinin/seven-techniques-for-helping-kids-keep-calm>

Techniques to help keep children calm and relaxed

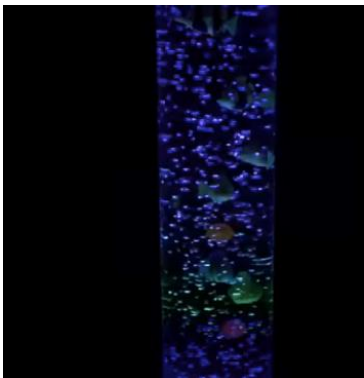


3. Calming relaxation music:

<https://www.youtube.com/watch?v=DlnYANIVslc>



<https://www.youtube.com/watch?v=BTrfbUMtEUK>



# Relaxation

I



feel



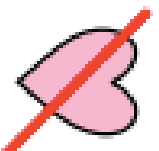
hear



like



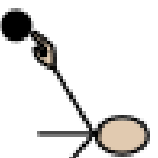
don't like



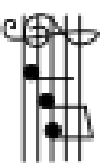
you



touch



music



relaxed



calm



breathe



breathe in



breathe out



count



head



sit



lie down



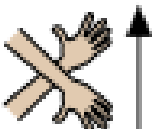
ill



more



finished



# Emotions



tired



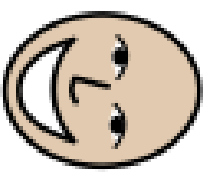
upset



sad



excited



happy



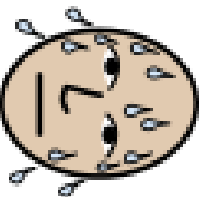
angry



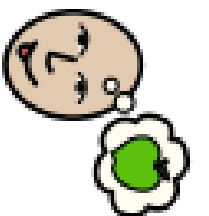
tired



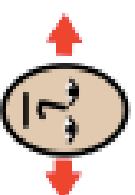
cold



hot



hungry



don't like



like