



Parent Info:

This week focuses on relaxation.

Why is this important?

Relaxation is a useful skill because:

- It can help us to regulate our feelings and calm down when we are worried or upset.
- It helps us to learn. A calm brain learns better than a stressed brain.

How can we grow this area?

We can grow this area through learning about lots of different relaxation strategies and finding those that work best for us. We can also develop this area by ensuring that we have opportunities to be in nature and take regular exercise.

Worksheets included:

- 1) **54321:** This exercise is a grounding activity that invites us to notice 5 things we can see, 4 things we can touch, 3 things we can hear, 2 things we can smell and 1 thing we can taste. This allows us to reconnect to the present environment which can be particularly helpful when people feel anxious.
- 2) **Bubble breathing:** This encourages children to use bubbles to support them in taking deep breaths. The deeper the breath, the more bubbles you can blow.
- 3) **Hand breathing:** This exercise is both a relaxation and grounding exercise as it encourages children to trace their fingers as they take 5 deep breaths.

- 4) **Star breathing:** Similar to hand breathing, cutting out or drawing a star which the child can follow as they take deep breaths can support them to focus because it gives them something concrete to follow.
NB: All breathing exercises should be breathing in through the nose and out through the mouth.
- 5) **Progressive muscle relaxation:** This can be introduced to children as relaxing stretches, it focuses on alleviating tension that might build in our bodies when we feel worried or stressed by first tensing different areas of the body and then relaxing them.
- 6) **Exercise:** This worksheet offers an opportunity to come up with ideas for exercise and help keep physical activity and wellbeing part of everyday.
- 7) **Nature checklist:** This worksheet offers an I-Spy style checklist to encourage children to be curious about the natural world and be outside if they can and enjoy nature.
- 8) **3-2-1:** As a thread across all topics, each week the 3-2-1 exercise to promote a growth mindset will be included. It encourages reflection and curiosity.

Additional online resources:

- Relaxation video - <https://www.youtube.com/watch?v=aaTDNYjk-Gw>
- "Relax Kids" Their website provides useful resources to help children cope with a range of stressful situations:
<http://www.relaxkids.co.uk/UK/Home>
- Aquarium live stream -
<https://www.georgiaaquarium.org/webcam/ocean-voyager/>

Slow down and calm down

5



4

3



2

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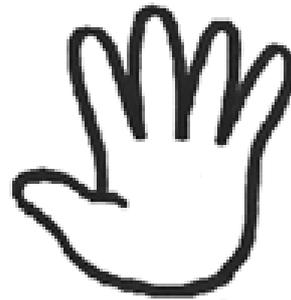


Deep breathing



**Bubble
Breathing**

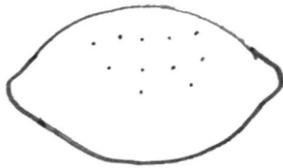
5 Finger Breathing



**Star
Breathing**

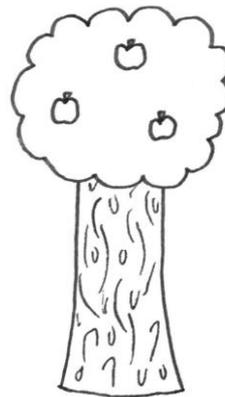
Relaxing stretches

When we feel worried it's common for our body to become tense. Doing some stretches can help our body relax. Have a go at following these instructions to relax your body.



1. Stretch your hands out in front of you.
2. Imagine you are holding a lemon.
3. Squeeze your hand into a fist
4. Imagine you are squeezing out all of the lemon juice.
5. Now relax your hands

1. Stretch your arms up above your head.
2. Imagine you are reaching up to get an apple from an apple tree.
3. Stretch as high as you can
4. Now relax your arms



1. Bring your shoulders right up to your ears.
2. Imagine you are a little snail who is hiding in their shell.
3. Bring your shoulders as high up as they can go.
4. Relax your shoulders back down.

Now give your whole body a shake!

You can colour in the pictures below as a reminder of the relaxing stretches you can do to calm your body.

Exercise

Indoors

- Star jumps
- Running on the spot
- Yoga
- Dance

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Outdoors

- Run
- Play with a bat and ball
- Play tag
- Football

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Add your own ideas in the columns above!

Being outside in nature:

If you have a chance to be in a garden or the park why not follow this checklist to connect with your environment (or if you are feeling creative you could make your own).

	Smooth leaf			Bee	
	Spikey leaf			Butterfly	
	Serrated edge Leaf			Snail	
	Trifoliolate leaf			Ladybird	
	Compound leaf			Beetle	
	Thorn			Woodlouse	
	Spider web			Footprint	
	Nut			Bird	
	Feather			Flowers: Pink White Blue	

Remember when we are in nature we take only memories and leave only footprints behind.

3-2-1 Exercise

What 3 things have I learned?

1.

2.

3.

What are 2 things that I want to find out more about?

1.

2.

What 1 question do I still need to ask?

1.