



Relaxation

A few minutes relaxing during the day has many positive health benefits

Relaxing can

- Help relax muscles and calm the nervous system
- Help release endorphins, a natural chemical which makes you feel happy
- Promote general good health
- Aid sleep
- Reduce stress and anxiety

Progressive muscle relaxation

Find a quiet comfortable warm space to sit or lie

Encourage your child to slowly breathe in through the nose and out through the mouth –repeat this 5 times

Do the following 3 times each

- Squeeze hands to make a fist, hold tightly for count of 5 then release
- Hold arms out in front of you for count of 5 then release
- Hunch shoulders up towards ears, hold for 5 then release
- Wrinkle up your nose, hold for 5 then release
- Breathe in and hold tummy in for count of 3 then release
- Press feet into floor, hold for 5 then release
- Lift legs in arm , hold for 5 then release

Encourage your child to be still for a few minutes

Traditional relaxation

Find a quiet comfortable warm space to sit or lie

Encourage your child to slowly breathe in through the nose and out through the mouth –repeat this 5 times

Have some relaxation music on in the background, this can be some songs your child enjoys or the relaxation music of the day from the web site. Visuals can be used if preferred for your child to watch.

<https://www.youtube.com/watch?v=P7EB3Zxqj7g>

https://www.youtube.com/watch?v=2RvXsdtPv_4

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

Lie or sit with your child and calmly encourage to still and relax

Remember the aim is to relax and calm not to fall asleep although this may happen.

The younger the child the less time they will be able to still

