

# FREE RELAX PACK

for Parents & Guardians



## What's included:

- Free MP3
- 10 relaxation Exercises
- How to introduce relaxation in your home
- Relaxation exercises for bedtime and chilling
- 21 days to stay cool eBook
  - Door Hanger
  - Affirmation cards

# 10 Relaxation Exercises

## Squeeze

Whenever you feel tense and anxious, tighten all your muscles as tight as you can and then relax them.

Notice the difference and how you feel when you relax your muscles. See if you can let your shoulders and jaw go and just relax.



## Peace Breaths

Take in a deep breath and as you breathe in, feel as if you are breathing in peace. Feel your whole body filling up with this wonderful feeling of peace. Now, breathe out and send this feeling of peace into the room. Repeat this exercise 2 or 3 times. (Try this with love, gentleness, happiness, etc)



## Pebble exercise

Give your child a pebble and ask him/her to put the pebble in their palm and feel it being completely aware of the pebble and nothing else. As they breathe in, feel as if they are breathing in coolness and feel as if they are breathing out coolness. Let your child see themselves as still and cool and silent as a pebble.

## Happiness Switch - helps your child change their mood.

1. Remember a time you felt really happy. It might be when you were playing with friends, laughing or doing something that really made you proud of yourself.
2. Take your mind back to that place and try and imagine you are back there and see what you saw and hear what you heard and remember how great you felt.

3. As you think about the memory, try and make the colours in the memory brighter and make the sounds louder.

4. Now, squeeze thumb and first finger together on your right hand as you think about your happy memory.

5. Next time you are feeling lonely or sad, just squeeze your thumb and first finger and remember your happy memory. This is your happy switch and you can use it whenever you need to relax or feel better.

## Deep Breaths

Practice deep and slow breathing together. Breathing in for a count of four, holding for four and breathing out for a count of eight, is a sure way to induce a deep feeling of relaxation.

As you continue to breathe in and out, close your eyes and think of a peaceful and relaxing scene.

Explain to children – The longer they can hold their concentration and think about that relaxing scene, the better.

Count slowly and with each count, feel more and more still and relaxed.

## Calm Picture

Write the word CALM as large as possible and let your child colour in the word. They can add pictures of things that help them feel calm. Let them use calming colours – anything to create an image of calm. Tell children to stare at the picture and see how calm they can feel. Then ask them to close their eyes and make the picture very small – like a postage stamp. Tell

children they can keep this little picture anywhere they like in their body – heart, head, and finger. Whenever they are feeling stressed and anxious, they can look at their calm picture and feel calm.

## Quiet Space

Close your eyes, be very still and imagine there is a tiny space right in the middle of your head. A tiny space where there is no noise and no movement. It is completely silent here. This is your own secret place, which you may come to whenever you like. Nobody can come in because the door is right inside your mind and they wouldn't be able to find it. It's a place that only you may come to when you want to be alone and quiet. It's your private place.

Can you open the door inside your mind and step into this quiet space? It feels lovely sitting here in the quiet. It is so calm and quiet inside your mind. As you stay there enjoying the peace and quiet, take in a deep breath. As you breathe in, breathe in a feeling of peace and as you breathe out, breathe out a feeling of peace. Breathe in peace, breathe out peace. You feel so safe and cosy here.

Just allow all your thoughts to slow gently down while you enjoy the peace and quiet. Repeat to yourself – I am quiet, I am quiet, I am quiet. Stay for as long as you wish feeling peaceful, peaceful. Feel quiet. Feel calm. Feel silent. Feel still. Feel quiet, feel quiet, feel quiet.

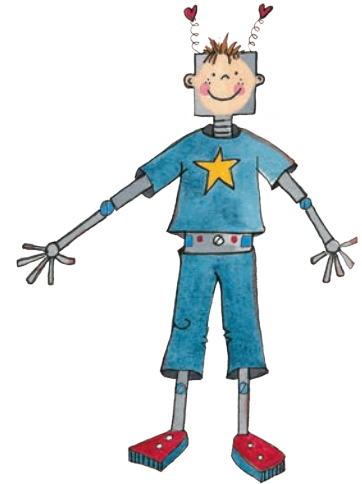
*Extract from Quiet Spaces CD*

## Sea Breathing

Lie down on your back, put your hand on your tummy and imagine you are breathing in and out like the waves. Take in a deep soft breath, and breathe out softly. Keep breathing in and out rhythmically like the tide.... coming in and going out....coming in and going out. Feel yourself becoming more and more relaxed.

## Starfish

Lie down on your back, with your legs and arms apart. Stay very still and imagine you are a sleepy starfish resting at the bottom of the ocean. Breathe in and, as you breathe out relax your arms. Breathe in and as you breathe out, relax your legs. Breathe in, and as you breathe out, relax your head. See how still you can be at the bottom of the ocean, resting like a sleepy starfish. Say to yourself, 'I am calm and quiet, I am calm and quiet.'



## The Robot

Close your eyes, be very still and imagine that you are a robot. Your whole body is made of metal. The lights on your arms and legs and stomach are flashing brightly. The robot also makes all sorts of beeping and bleeping noises. It is a very noisy robot.

Now you are going to see if you can switch the robot off and make every part of your body completely still. Start with your right leg – bring all your attention to your right leg and turn off the switch. Your right leg becomes totally still.

Do the same to your left leg, switching off the switch and watching the bright lights on that leg turn off. Switch off the light on your stomach and make it very, very still inside. Now do the same to your arms, turning off the lights and letting your arms become very still and heavy. Finally, turn off the switch in your head. Switch off your mouth, switch off your nose and eyes and finally switch off your eyes. You should feel very still now. See how still you can make your robot body. Don't forget that if you move anything, then the lights will go back on – so stay as still as you can.

*(extract from The Wishing Star-Marneta Viegas)*





# How to introduce relaxation to your home



There are a number of ways you can introduce relaxation into your home. Introducing a routine of relaxation will bring a wealth of benefits for you and your child.

- Before School
- After School
- At Bedtime
- Setting up a Chill Out Corner
- Weekly Family Chill Night

## Before School

This is often one of the most stressful times in the day. If you could introduce just 2 mins relaxation, it will help set your child on the right track, for a relaxed and positive day.

1. As your child is waking put on one track from the CD and allow them to have a few moments relaxation before they rise.
2. Find time to sit together as a family for 3 mins on the sofa and share a quick relaxation together. This will help your child feel safe and secure.
3. You may like to pick a Star Card together and share a positive thought for the day. This would take less than a minute and is very unifying.
4. Children could listen to a CD on their headphones on the way to school in the car.
5. If your child appears to be particularly nervous or anxious, allow them to pick a Star Card to help give them courage and strength.
6. Practice breathing exercises together. Take in a deep breath into the tummy and breathe out slowly. This is a simple exercise and can be done on the way to school, in the car or walking.

## After School

1. You might like to build a short relaxation session into the home routine after school. Include a snack and the promise of their favourite game or tv show and children are more likely to cooperate.
2. You could chat about the day over tea or dinner with the whole family. Discuss how the children (and parents) remembered their positive Star Card or kept their positive mood.
3. Practice a simple yoga stretch together to relieve the stress of the day.
4. Offer your child a massage or encourage siblings to massage each other shoulders.
5. 3 mins relaxation before homework, will calm your child, bring clarity and concentration and set the mood for study.





## At Bedtime

1. Ask your child to lie on their back with their arms by their side and feet and ankles relaxed
2. Play the CD at a comfortable volume
3. Let your child know before playing the track that it is 3-4 mins so they know what to expect.
4. Gently resist the urge to be drawn into conversation while the track plays.
5. Be patient - there may be giggles and fidgets and talking. This is normal as it is a new experience. Continue to model

6. Let the tracks continue if you find that your child is comfortable and relaxed
7. When they are ready, they will naturally move to their favourite sleeping position and drift off to sleep
8. It is a good idea to start on a different track each night

**CAUTION:** *If using headphones. Your child WILL fall asleep while listening. Remove headphones as soon as possible or remain close to supervise any cords.*

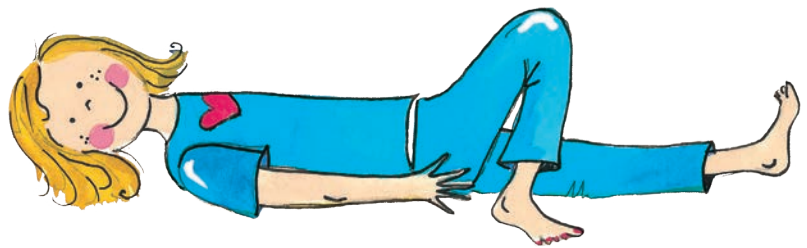
You may prefer to read your child a meditation from one of the Relax Kids books

1. Play some soft background music
2. Let your child choose which meditation they would like read
3. Look at the affirmation at the bottom of the page - this is the theme of the meditation and there to help you establish your mindset
4. Show your child the illustrations as this will help stimulate their imagination
5. Read the meditation with a soft and calm voice, slowing down or speeding up according to their concentration
6. After one meditation, let your child relax and dream, leaving the soft music playing

## Set up a Chill out Corner

This could be a more gentle alternative to the 'naughty' step

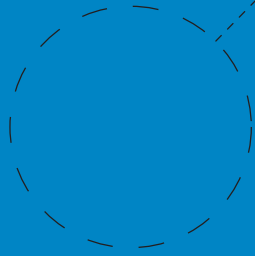
1. You might like to create a Chill Out Corner, so children can relax when they feel upset, stressed or anxious.
2. You could put up a wooden screen or section the area with a piece of material or place the sofa in such a way that children can sit in their cosy corner at the back of the sofa.
3. Burn lavender or mandarin oils in a burner (keeping candles out of reach). Add cosy blankets, sheepskin rug, soft toys and anything that would be appealing to children.
4. Add relaxing items such as a lavender eye pillows.
5. Ask your child to sit or lie on the floor or on cushions with their eyes closed. You can play the Relax Kids CDs, or calming music, have quality cuddle time, a relaxing massage, practice some breathing exercises together or just have a restful nap.



## Weekly Family Chill Night

You may like to dedicate one evening a week for relaxation. Make a regular time that the whole family is free to come together and enjoy a TV free hour or quality time and relaxation.

1. You could listen to a Relax Kids CD together, take it in turns to give each other a shoulder rub, or hand/foot head massage.
2. Practice some breathing exercises together.
3. Play with the Star Cards and discuss each other qualities, specialities, successes and strengths
4. Make a family plans and list all the things you love doing together.
5. This might be a good time to look at your child's Star Chart and discuss treats and rewards.
6. Discuss what you saw in your imagination. Children may like to draw what they saw during the meditations.



Shhhhhhh!



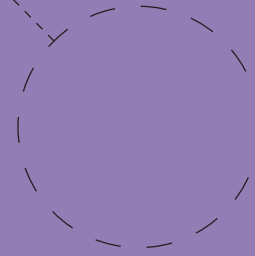
Quiet Please  
I am  
RELAXING



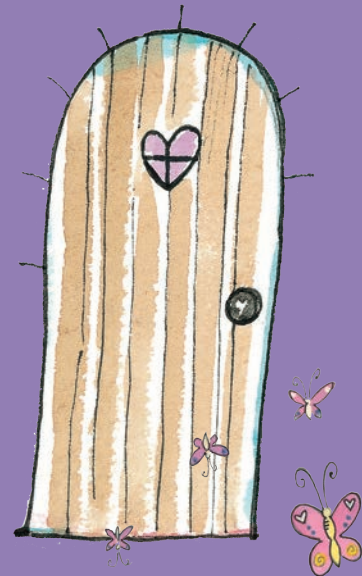
relax Kids

www.relaxkids.com

1545



This is a  
Positive Zone



Please leave negativity  
at the door

relax Kids

www.relaxkids.com

1545

### Relax Kids Door Hanger

Cut out the 2 hangers around the outer lines. Glue them together and when dry, then cut along the dashed lines for a neat edges. If possible, print onto card or laminate the hanger to reinforce it.

### Affirmation cards - How to use these cards:

- Print off the cards and cut them and laminate them.
- Choose a star card each day.
- Close your eyes and think about what the words mean to you.
- Try and remember your card during the day.
- If something upsets you, see if you can remember your card to help you feel better inside.
- At the end of the day think about how you remembered to be the special star on the card
- Go to sleep thinking about being a special star!

you are a  
shining star  
who spreads  
rays of  
happiness

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you are a  
special star  
who sparkles  
with joy

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you are a  
lucky & lovely  
star who will  
always be ok

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you are a  
helpful star who  
always  
always  
supports others

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you are an  
amazing star  
who shines  
with so many  
talents

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you are  
a loving star  
with a huge  
heart

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brilliant star  
who always  
does their  
best

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who always  
lends a hand

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friendly star  
who can get on  
with everyone

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star who makes  
everyone smile

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you are a  
beautiful star  
who radiates  
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happiness

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you are a gentle  
star who thinks  
of others first

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# ANXIETY



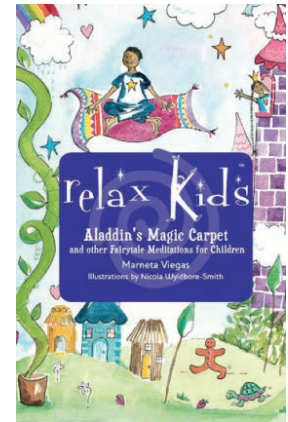
relax Kids

# ANGER MANAGEMENT



# STRESS

# SLEEPING PROBLEMS



# SELF ESTEEM

# CONCENTRATION

