

Relaxation Exercises



Here are some exercises to help keep our mind healthy and help us to stay calm, especially when we are feeling angry or frustrated.

First, find a quiet space away from noise and distractions.

Sit down, or stand and close your eyes. Make yourself feel comfortable.

The flowers and feather

Here is an exercise to encourage deep breathing as a way to feel calm and to relax.

1. Pretend you have a beautiful flower in one hand and a light feather in the other hand.



2. Breathe in slowly through your nose as you smell the flowers.

3. Breathe out slowly through your mouth as you blow the feather from the palm of your hand.



4. Repeat this a few times.

Orange squeezing

This exercise releases muscle tension



Pretend you have a big juicy orange in each of your hands.

1. Imagine you can see an orange tree. Reach up to the orange tree and pick an orange with each hand.



2. Pretend to squeeze the oranges hard in your hands to get the juice out.



3. Relax your hands.

4. Squeeze the oranges, until you have enough to fill a glass of orange juice. Repeat this a few times.

Tortoise shell

This exercise releases muscle tension.

Pretend you are a tortoise, going for a slow, relaxed tortoise walk.



1. Oh no, It's started to rain.

2. Crouch down and curl up tight under your shell. Count to ten. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10



3. The sun is now coming out, slowly stand up and stretch your arms up into the sky.

4. Oh no, it's starting to rain again, crouch down and **repeat**.

Walking for exercise



Walking is great for the whole family and helps us to stay fit and healthy. Sometimes we can spend too much time in front of screens, such as televisions, tablets and video games, instead of going outside and getting physical exercise. This may lead us to feel tired and have low energy.

Walking is a good way to get physical exercise and can be relaxing.

A lovely walk improves mood and reduces stress and is a good way of **clearing the head**.

Walking can also provide quality time to bond with each other.



How to make a walk fun



1. Go on a bug hunt, how many bugs can you find/see?

2. How many things can you find that begin with the sound s, t, etc?

3. How many things can you see coloured, green, yellow, brown etc?

4. How many different sounds can

you hear?



5. If raining can you jump in the puddles?



6. Collect leaves for leaf rubbing.



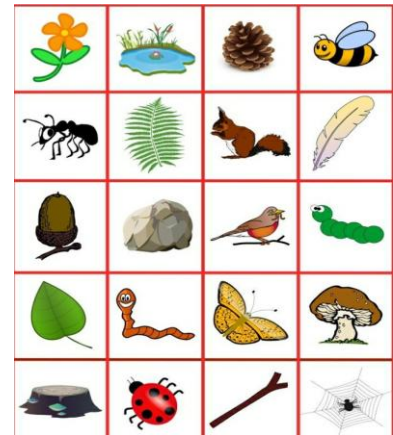
7. How many different birds can you see?



8. How many different cars can you see?



9. Make a scavenger hunt for things to find, such as feathers, leaves, sticks, pine cones, something rough, something smooth, long or round etc!



10. Go on a Bear hunt!!!



Happy walking!!!