



Relaxation Strategies for Kids



PUFFER FISH (Mouth and Face)

Pretend that your mouth is like a puffer fish. Fill your cheeks with air...hold and release.



LEMON SQUEEZE (Hands and Arms)

Pretend that you are holding lemons or oranges in your hands and squeeze out all the juice as hard as you can.



TURTLE (Neck and Shoulders)

Pretend that you are a turtle. Squeeze your neck down and your shoulders up.



BIRD IN FLIGHT (Arms and Shoulders)

Pretend that you are flying like a bird. Flap your arms up and down.



ELEPHANT STOMP (Legs and Feet)

Pretend that you have big heavy legs like an elephant. Stomp...stomp...stomp your feet. You could also imagine that you are stomping in a big muddy puddle.



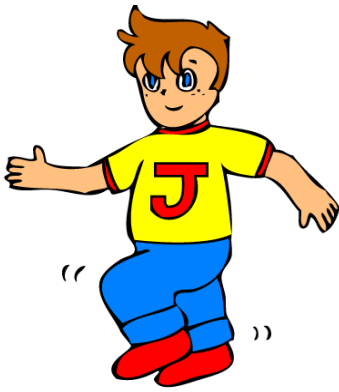
TIGER STRETCH (Whole body)

Pretend that you are a tiger, get on all fours and stretch out your arms and then stretch your legs. Push back onto your legs and arch your back for a big long stretch.



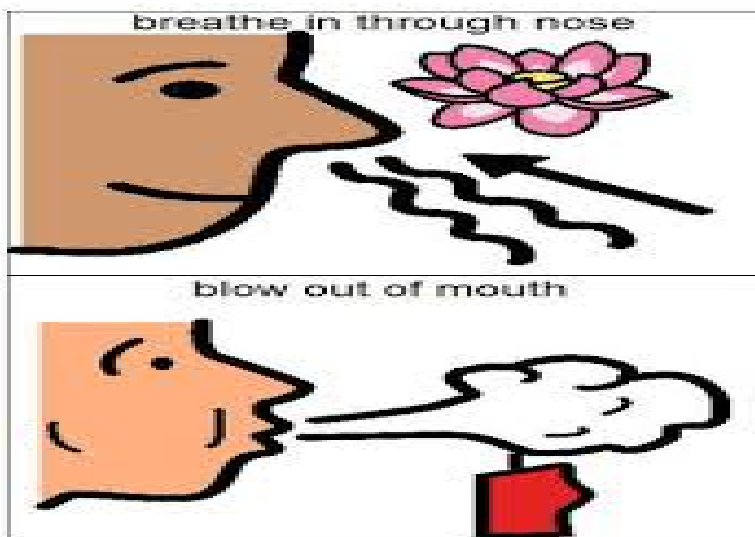
FENCE SQUEEZE (Whole Body)

Pretend that you need to squeeze your whole body through a tight fence. Make your body really tight with your arms pressed down and hold in your tummy. Squeeze your whole body then relax.



WHOLE BODY SHAKE AND WIGGLE (Whole Body)

You have now relaxed all your big muscles so shake it all out!



BREATHING

Teaching children to take 5 deep breathes while counting to five can help to relax their bodies when they are in an anxious or stressed state. Timers which help with the counting and provide a visual checkpoint can be also helpful.

The most important part is that relaxation is fun and motivating for young children. Other strategies can include sensory toys, music and relaxing activities.



