

FREE RELAX PACK

FOR SCHOOLS

Regular relaxation can help:

- Enhance children's concentration and focus
- Stimulate imagination and creativity
- Encourage discussion, thought and development
- Help build character and self-esteem in each child
- Introduce values into the classroom
- Encourage children to feel positive about themselves
- Recognise, name and deal with feelings in a positive way

What's included:

- 10 relaxation exercises to use with your class
- 2 MP3s to play to your class
- Pack of affirmation cards
- How to integrate relaxation into your classroom
- 5 Relaxation tips for teachers.
- 21 days to stay cool ebook
- Relax Kids door hanger



relax Kids

www.relaxkids.com

10 Relaxation Exercises

Registration

Mind the Gap

Ask pupils to breathe in and out slowly and ask them to observe the gap in between breaths. Let them observe the gap in between the out breath and the in breath and the in breath and the out breath.

Assembly

Loving Kindness Exercise

Ask pupils to sit comfortably and close their eyes. Ask them to repeat in their mind 'May i be happy, may I be healthy, may i be happy, may I be healthy'. Keep repeating this for a while and then ask them to think of someone who is close to them and repeat the words 'May you be happy, may you be healthy, may you be happy, may you be healthy'. Continue this for a while and then ask them to think of someone they find difficult or who causes problems in their life and repeat 'May you be happy, may you be healthy, may you be happy, may you be healthy'. You can also ask them to say this to everyone they have met and everyone they have not met in the world.

After Break/Lunchtime

Pebble Exercise

Give each pupil a pebble and ask them 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 pupils see themselves as still and cool and silent as a pebble.

Class Management

Traffic Control

Explain to pupils that our minds are like like traffic - constantly moving and flowing. Every once in a while, it is good to let the traffic come

to a standstill, turn on the red light and relax. While you are studying or doing your homework, try to stop every hour just for a few moments. Use a visual cue - a red flashing light or red card or a sound cue, such as a bell or music. Ask pupils to close their eyes, stay very still and take in 3 deep breaths. Count up to 10 or 20 really slowly and let them feel they are becoming more



and more relaxed and calm. After a few moments, they can open their eyes again. If pupils are really relaxed and need to get on with work, they can give their ears a fast rub.

Chill Out Club

Still Life

Ask pupils to choose an object that is in the room - a water bottle or key or pen and look at it for 3-5 minutes. They have to look at it as if they have never seen it before. Look at how the light catches it and notice how it feels and how heavy it is. Get them to share their experiences after the time is up. This is an excellent exercise to cultivate awareness and mindfulness.

PE

Awareness Exercise

Ask pupils to close their eyes and pay attention to their breathing. Ask them to be aware of their bodies and sensations of feeling warm and cool, tense or relaxed. Ask them to listen to the sounds in the room and just be aware of them without judging or commenting inside. Allow them to listen to the sounds outside the room. Ask them to be aware of everyone else in the room.

CREATING A CALM BOX FOR YOUR CLASSROOM

Here is a simple idea for the pupils who find it hard to join in and relax. Some pupils need something to hold and feel and squeeze. Encourage pupils to self soothe and recognise when they feel stressed and know what they need to do to help them feel calm and relaxed. Some children with ADHD respond well to feathers. Blowing gently on a feather can help them feel focussed and relaxed

CALM BOX ITEMS

- Feather
- Relax Kids CD in personal CD player & headphones
- Aromatherapy playdough
- Stress ball
- Feelings cards
- Tangles
- Soft toy to stroke
- Soft materials to stroke
- Relax Kids Star Cards



Ring a bell to finish the exercise.

more and more still, quiet and relaxed. As they count, ask them to feel themselves become more and more aware of their body and

Exam Preparation

Counting

Ask pupils to close their eyes and stay as still as possible while counting up to 20 slowly and silently. On each count, ask them to feel themselves becoming



breathing. Ask them to feel their mind becoming still and quiet.

PHSE (personal health social education)

Relaxation script - managing worries

“Close your eyes and become as still as possible. Become aware of your breathing. Feel the softness of your breath going in and coming out again. Spend a few moments listening to the sound of your breathing. With each breath, feel yourself becoming more and more relaxed. Breathe in, breathe out breathe in breathe out. Now, become aware of your shoulders. How do they feel? Are they

tense or relaxed? Have a think about what could be making your shoulders tense? Are you worried about something? Are you feeling stressed? Are you tense? How do your shoulders feel? Are they tense and feel as if they are near your ears or are they soft and relaxed. For a few moments, see if you can let your worries disappear and just relax. See if you can let your shoulders go and feel all the muscles around your neck and shoulders relaxing. Now become aware of your stomach. How does it feel? Is it tense and knotted or soft and relaxed? Have a think about what could be making your stomach so tense? Are you feeling nervous or anxious about something? For a few moments let your nervous feelings go and see if you can relax your stomach.

Relax, relax, relax and let go completely.”

Assembly

Children can sit cross legged and listen quietly to a 3 min relaxation that fits in with the assembly theme. You could use a reflective meditation as an alternative to a prayer.

After Break-Time and Lunch-time

Children can lie or sit down for 3-4 minutes listening to a Relax Kids relaxation after lunch to help prepare for the afternoon session.



Chill-Out Clubs/ Nurture Groups

You may like to set up a Chill out Club during lunch times. Play a couple of tracks and ask children what they experienced. Children could draw what they saw in their imagination. You may like to play a Relax Kids CD during wet play to help calm children down.



Exam Preparation

To help children prepare for their exams, start listening to the relaxations daily at least two weeks before their exams. On the day of their exams, allow children to

Listen to the relaxation CD prior to their exam.

Pack of 52 Star Cards
www.relaxkids.com/store

Before Going Home

Prepare children for going home, by letting them relax to a Relax.




Affirmation cards How to use these cards:

Print off the cards and cut them and laminate them • Choose a confidence 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 confident words on the card • Go to sleep thinking about the words on the card.


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brightens the
world!

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grin, you
create a beam
that brings
joy and light
to others.

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remember
everyday
that you are
amazing!




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and talents.


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amazing!**


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fast learner.**


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 You are very
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 can do whatever
you focus your
mind on.


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**WELL
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superb.**




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**It's so great to
see that you find
learning fun and
exciting.**


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 Believe in
yourself and
your abilities.


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**You are
remarkable.**


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**You are
healthy and
are growing
up well.**


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see that you
are looking
after yourself.**

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better and better**


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you can do
whatever you
want to do.**


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Terrific.**


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5 Relaxation Tips for Teachers

Letting Go

In our stressful world, it is important to develop an ability to let things go easily. This is vital for our mental and spiritual health. Try to find moment in the day or at the end of the day, where you can let go and release everything that has happened. This is especially important to do before bedtime. You may like to fill an imaginary balloon with any stresses and anxieties and let it go, or try throwing unwanted thoughts and feelings and watch them disappear or float away. Use your imagination, be creative and make this an enjoyable experience for yourself.

Eat Slowly

When we are rushing from one activity to another, it is easy to forget to look after ourselves and just eat on the go. If you can, try to sit down to eat and eat as slowly as possible – enjoying every mouthful. Your body will thank you for this and

you will feel the benefits of deep relaxation. If you can, bless your food or say a short prayer for a few moments. This may sound strange, but there have been studies that our thoughts and intentions can have a profound effect on our food.

Smile

Even if you don't feel like it – smile. Watch as this little facial expression can make a difference to your mood. For a deep relaxation, try this Buddhist exercise of tummy smiling. Imagine you are smiling from the depths of your stomach. As you practise

this, you will find that you instantly feel more relaxed and content.

Take a Break

If you are able to stop during the day, schedule a short 5-10 minutes break for yourself. This will help you feel more calm and in control. Use these few minutes to experience deep inner calm and silence.



Just allow your thoughts to slow down, let go of the tension in your neck and shoulders and imagine you are being showered by drops of peace and a bubble. If you have time, kick off your shoes and socks and walk on the grass outside. As you build up a practise of this, you will notice how you can be refreshed and rejuvenated in just a short time.

Stop and Breathe

Stop for a few moments and let your mind become still. Take in a deep breath and breathe in a feeling of peace. As you breathe out, breathe out peace into the room. Close your eyes and give yourself a 30 second face massage. End with a brisk rub of the ears for a fantastic rejuvenator.

Practise Meditation

Sit or lie down and let your mind drift away with this meditation. Close your eyes, be very still and imagine you are lying down on the beach. Feel the warm sand underneath your body. You can hear the waves of the sea. Now, very gently you



Anger • Anxiety • Stress • Depression • Bullying • Mood Swings •
Visualisation • Meditation • Sleeping Problems • Massage • Movement &
Stretching • Self Belief • Concentration • Positivity • Gratitude •

For more Relaxation Tips for both adult and child, visit
www.relaxkids.com/tips

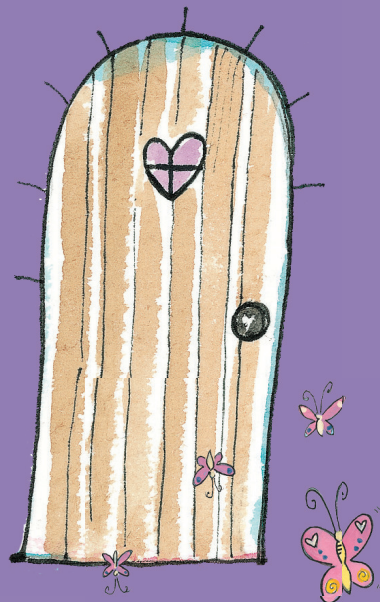
are going to relax each part of your body. Start with your feet, let your toes completely relax and become soft. Now release all the tension in your ankles and let your legs become soft and heavy. Relax the muscles in your tummy and back, feel your back sinking into the soft golden sun on your face and body as you sink further into the lovely soft sand. Enjoy this wonderful feeling of being calm and peaceful. Stay there for a few more moments, enjoying the feeling of being completely relaxed.



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.

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Positive Zone



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at the door

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