

Calming 4 Kids



CALM4KIDSTHERAPYCENTER,LLC

<p>Belly Breath: Take a slow, deep breath, filling up your belly like a balloon. Pause, then slowly let the air out like you are deflating the balloon.</p>	<p>The Jelly: Wiggle your arms, legs, hips, feet, hands and head like you are a bowl full of jelly. Take slow, deep breaths as you feel your body relax.</p>	<p>60 Second Vacation: Close your eyes and imagine you are someplace wonderful for 60 seconds. Enjoy the sights, sounds, smells, and activities in your special place.</p>
<p>Lion's Breath: Take a slow, deep breath with your eyes closed. Pause, then "roar" the breath out, opening your eyes and mouth wide, extending your hands like a lion's paws.</p>	<p>Rag Doll: Bend over with your arms and head hanging loosely toward the floor. Take slow, deep breaths as you swing gently from side to side allowing the tension to drift away.</p>	<p>Be Funny: Make funny faces at yourself in the mirror or talk in a funny voice. Allow yourself to be as silly as you can be and you are sure to make yourself smile</p>
<p>Rocket Breath: Place your hands together in front of your chest and squeeze your palms together gently as you take a slow, deep breath in. Pause, then let your breath "explode" out of your mouth as your arms fly into the sky like a rocket at take off.</p>	<p>Tick Tock: Sit in a chair or on the floor, with your upper body stretched straight and tall. Slowly rock back and forth (or side to side), moving only from your hips. Close your eyes and take slow, deep breaths to increase your relaxation.</p>	<p>. Minute Meditation: Lay down in a comfortable spot and relax your body as much as you can. Close your eyes and take slow, deep breaths while you remain as still as possible. Enjoy the quiet, stillness and feeling of calm</p>
<p>Pizza Breath: Imagine you have a yummy pizza in front of you but it is too hot to eat. Lean in and take a slow, deep breath filling your belly up with the pizza "smell". Pause then slowly release your breath. Remember to "eat" your imaginary pizza when it cools.</p>	<p>Exercise: Take a movement break for a couple of minutes to stretch, do pushups, jump up and down, dance or jog in place. Be sure to take slow, deep breaths while you exercise. Take a moment to close your eyes and focus on your breath when you are done.</p>	<p>Squeeze and Relax: Take slow, deep breaths as you tighten up the muscles in your body one area at a time, starting with your face, working down to your feet. Each time you breathe out, imagine any pain or discomfort shooting out through your fingers and toes.</p>