

RELAXATION CARDS

EXPLANATION OF THE RELAXATION CARDS.....

GO TO A QUIET PLACE

Sometimes removing themselves from a situation or from the noise and distraction can help minimise the child's responses and help the anxiety to be over faster.

PRAY

This one seems fairly self-explanatory. For children who have a foundation of faith, prayer can be comforting.

LISTEN TO MUSIC

Listening to music or a special relaxation CD with soothing sounds on it is very calming for many children.

BREATH DEEPLY

Deep breathing is a skill that must be taught and practiced. try and get them to breath in for the count of 7 and out for the count of 11. You can also have them lie on their back and place a stuff toy on their stomach or chest and demonstarate how the toy rises and falls with their breathing and see if they can create high rises..

DRINK WATER

Being even slightly dehydrated can increase cortisol levels. It's important for our children to drink water frequently.

WRAP YOURSELF IN A BLANKET

Wrapping snugly in a blanket mimics the feelings of security of being swaddles as an infant and may provide quick relief from anxiety.

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TAPPING

Explaining tapping (Emotional Freedom Technique) works wonders for some children and they can learn to do it themselves. For other children, it doesn't seem to work .See further information on EFT.

DRAW A PICTURE

Art therapy is an incredible tool by expressing themselves through art during a time of high emotion, the child maybe able to release some of their stress and perhaps even be better to get to the root of communicate their feelings.

RELAX YOUR FACE

Have the child practice tightening and relaxing their muscles at a time when they are not in crisis to better understand what relaxed looks and feels like. This is where having a small mirror in their kit will come in handy..

HUM A SONG

Humming is more calming than singing because of the vibrations

IMAGINE YOUR SAFE PLACE

This is about imagery and how it makes you feel safe and going to that place in their minds to help calm themselves down. See imagery examples.

PUT YOUR FEELINGS IN A BUCKET

This is the Stress Bucket. the child grabs their feelings (from near their chest, or stomach or wherever they feel they are) and puts them into a bowl. When they feel like all their feelings as in the bowl they can put the lid on it and put it away for when they are feeling strong enough to face them.

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READ A BOOK

There are so many wonderful books about feelings such as 'The Huge Bag of Worries' or 'The Goldfish Boy' that can help children to recognise and address their feelings.

ASK FOR A HUG

Learning to ask for comfort when they need it is a wonderful skill for a child to have.

COUNT SLOWLY

Listening to music or a special relaxation CD with soothing sounds on it is very calming for many children.

WHISPER THE ALPHABET

Reciting something familiar such as the alphabet is a good anxiety reducing technique and whispering it helps them to focus on something other than their negative emotions in the moment

Drink Water	Tapping
Draw a Picture	Relax Your Face
Imagine Your Safe Place	Hum a Song