



# 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.



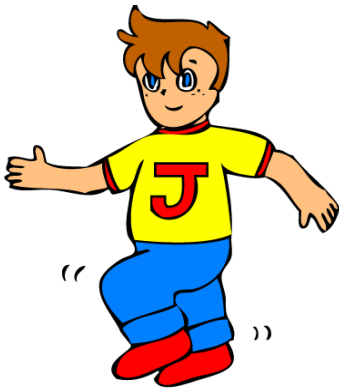
## TIGER STRETCH (Whole body)

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.



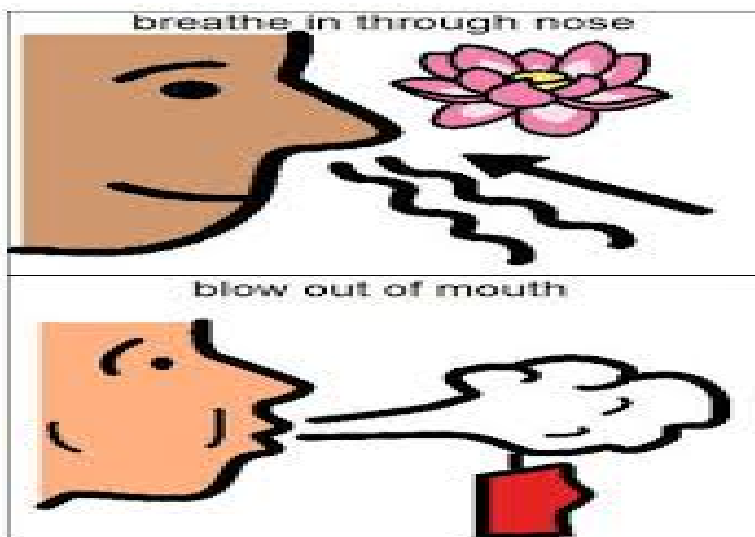
## FENCE SQUEEZE (Whole Body)

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.



