

Relaxation Worksheet

The relaxation skills taught to your child are designed to be practised on a regular basis so they become helpful habits that can be used in stressful situations.

If you are interested in helping your child turn their newly-learnt mindfulness skills into helpful habits, you may want to try the techniques yourself and follow the three 'P's below:

Practice helps embed a habit. Practising at regular times each day is helpful. You may like to practise with your child using the technique below or you can make use of a range of free apps e.g. **Breathr, Stop Breathe & Think, Settle Your Glitter.**

Planning with your child about when they might use the skill to cope with particular situations or feelings, e.g. when they are nervous about something; planning ahead when they will use the skill.

Predicting what might prevent your child using their new skill and planning around this, e.g. finding the right time to practise mindfulness. It can be hard to remember to do mindful breathing when you are already stressed, so trying to do it before a stressful event can be helpful.

Relaxation exercise – Box breathing

Here is an example of a relaxation exercise that you may wish to try:

Sit or stand in a comfortable position. There are four steps to this breathing technique:

- 1) Breathing in for two seconds
- 2) Pausing for two seconds
- 3) Breathing out for two seconds, and
- 4) Pausing for two seconds.

If it's easier, you could draw a square (either on a piece of paper) or with your fingers in the air, to help you to coordinate your breathing in and out.

Keep counting aloud and repeat this activity for a few minutes.

