

Relaxation for Children

Short Relaxation

Sitting up, crossed legged on the floor

- Close your eyes
- Breathe in and out through your nose slowly (about 5 times)
- Imagine a bright golden light shining above your head
- Whilst breathing in, imagine the bright light being drawn into your body through your head all the way down to the end of your fingers and your toes
- Imagine this glorious light filling the whole of your body with calm and warmth
- Whilst you breath out think of the word 'CALM'
- Say this to yourself 3 more times
- Breathe in and out again (about 5 times)
- Slowly open your eyes

Longer Relaxation

Sitting in a chair or lying on a bed

- Get ready to relax
- Close your eyes, and take a deep breath in through your nose.... now breathe out through your nose
- Breathe in.... and breathe out
- Keep breathing slowly like this. Feel how it relaxes you to breathe deeply
- Now squeeze your hands closed into fists. Pretend that you are squeezing a ball in each hand... gripping tighter.... squeeze even tighter.... Right now, your muscles are tense
- And now relax. Let your hands go limp. Now your hands feel relaxed. See how relaxed your hands feel. See how tense feels different from relaxed. Relaxation is a way to make your whole body feel relaxed like your hands are now
- One way to relax your body is by breathing deeply. Imagine that your body is like a balloon. When you breathe in, feel your chest and sides expanding, like a balloon filling with air. When you breathe out, imagine your body is like a balloon shrinking with the air being let out
- Breathe in like a balloon being blown up. Now breathe out, like the air is being let out of a balloon. Let the air out by blowing the air through your mouth

- Breathe in through your nose, imagining your body expanding like a balloon.... and now imagine letting the end of the balloon go, and the air rushing out as you breathe out through your mouth
- As you breathe in this time, raise your arms above your head. When you breathe out, lower your arms
- Breathe in. Reach your hands above your head, stretching high up... stretching.... and now lower your arms to your sides and relax. Breathe out
- Raise your arms and breathe in.... lower your arms and breathe out....
- Raise your arms and breathe in.... lower your arms and breathe out....
- Now relax and keep your arms at your sides, while you continue breathing slowly and deeply
- Remember the difference between tense and relaxed. Tighten your leg muscles to make both of your legs tense. Squeeze tighter.... tighter... and now relax
- Let your legs become very relaxed. Each leg is as floppy as a piece of string
- Your legs feel heavy. The muscles feel loose
- Now tense your arms. Make the muscles very tight and tense. Tighter.... and now relax. Your arms are relaxed, limp and loose as pieces of string
- See how it feels to be relaxed. Your legs and arms are relaxed
- Now let your whole body become relaxed. See how relaxed you can make your body.... loosening every muscle.... no tension at all.....
- Your body feels heavy and relaxed
- Relax even more by noticing your breathing again. See how calm your breathing is. In.... and out..... in.... and out...
- Keep breathing and simply relax. There is nothing you need to do right now except relax quietly
- (pause)
- See how calm and relaxed you feel. It feels good to relax
- Your relaxation time is finishing soon. Keep your eyes closed for a little longer while you wake up your body and your mind by wiggling your fingers and toes..... moving your arms and legs.....
- Sit still now for a moment, and open your eyes to look around the room

