

More Relaxation Exercises for Kids

Sleepy Starfish

Lie down on your back with your legs and arms apart. Stay very still and imagine you are a sleepy starfish resting at the bottom of the ocean. Breathe in and as you breathe out, relax your arms. Breathe in and as you breathe out, relax your legs. Breathe in and as you breathe out, relax your head. See how still you can be at the bottom of the ocean, resting like a sleepy starfish. Repeat to yourself..."I am silent, I am silent, I am silent..."

Bubble Breaths

Imagine you are blowing bubbles of peace into the room...

Take in a breath and imagine you have a pot of bubble liquid. Slowly and gently blow bubbles into the room. As you blow out the bubbles, imagine they are filled with peace and the whole room is filling up with peace.

Big Balloon

Close your eyes, be very still and imagine that you are holding a big balloon. It is very light. It feels very smooth. The balloon is your favorite color. Now hold the bottom of your balloon, and feel the balloon gently rising into the sky. Each time you breathe in and out, you gently glide further and further into the warm summer sky. The deeper your breath is, the further you can travel. Enjoy this feeling of weightlessness. Enjoy the feeling of being completely free. Your body feels weightless and free and your mind feels totally free.

Elevator Breathing

Begin by having your child observe the natural inhalation and exhalation of their breath without changing anything. Then proceed with the directions:

Your breath is an elevator taking a ride through your body.

Breathe in through your nose and start the elevator ride.

Breathe out and feel your breath go all the way to the basement, down to your toes.

Breathe in and take your elevator breath up to your belly.

Hold it. Now, breathe out all your air. (Pause)

This time, breathe in and take your elevator breath up to your chest.

Hold it. Now breathe out all your air. (Pause)

Now breathe in and take your elevator breath up to the top floor, up through your throat and into your face and forehead.

Feel your head fall with breath. Hold it.

Now breathe out and feel your elevator breath take all your troubles and worries down through your chest, your belly, your legs, and out through the elevator doors in your feet.

Book

A Boy and a Bear: The Children's Relaxation Book by Kimberly Bailey Rea

The Talking Body

My forehead is warm and relaxed.

My eyes are soft and relaxed.

My jaw is open and relaxed. I feel the air going through my teeth.

My neck is loose and relaxed. I can move it gently from side to side.

My shoulders are down and relaxed. I can rotate them in a circle.

My right arm is limp and relaxed.

My left arm is limp and relaxed.

My chest is warm and relaxed.

My stomach is warm and relaxed.

My right leg is limp and relaxed.

My left leg is limp and relaxed.

My whole body feels warm and relaxed.