

Relaxation Activities

When your child is feeling stressed, anxious or on edge doing one of these relaxation activities might help them to feel more calm - try doing them together.

Stress toys

This exercise releases muscle tension and massages your hands.

Make your own stress balls by filling balloons with dry rice or pulses. Take the balls in one or both hands and squeeze and release.

Experiment with squeezing the ball. Find a way that is right for you, adjusting the speed, pressure, and timing of your squeezes to whatever way you like.



Bubble breaths

Imagine you are blowing the biggest bubble ever! Take in a breath and imagine you have a pot of bubble liquid.

Slowly and gently bow bubbles into the room.

Do you feel better? (Remember to encourage the children not to get excited by popping the bubbles!)



Push against a wall

This is perfect for getting rid of stress without having to go outside or even leave the room.

Push against the wall for 10 seconds. Imagine you can push the wall over if you try hard enough! Repeat three times.

When you do this your muscles contract and then relax, releasing feel-good hormones into the body.

