

Children's relaxation

Find a safe place where you won't be disturbed for at least five minutes.

Make sure you have somewhere comfortable and warm to lie down, or you may prefer to sit. You may want to put on an extra jumper or socks, or you may want to cover yourself with a blanket.

If you choose to lie down, lie on your back, hug your knees to your chest and tuck your chin in. Gently rock from side to side to stretch out your back. Let go of your knees and place your feet down on the floor. You can slide your feet away if that's more comfortable.

Close your eyes and enjoy this quiet moment.

Place your hands on your tummy or the bottom of your ribs and feel the gentle movement under your hands as you breathe.

Think to yourself: "This is me breathing in.....this is me breathing out"

Relax your hands in a comfortable position beside you.

We are going to think about each part of your body in turn and let each part become really floppy and relaxed.

Start with your feet and your toes. Wiggle your toes, stretch them a little and then let them be still.

Think about your legs. Your legs are always busy, carrying you around, running and jumping: now let them be still. Now let them feel floppy. Let them feel heavy.

Think about your hips, let them be floppy.

Think about your tummy. Take a BIG breath in and feel your tummy rise and gently breathe out and let your tummy go soft.

Feel how comfy your back is as you lie there nice and warm.

Now think about your shoulders. Can you raise your shoulders off the floor by just a centimetre? Now let your shoulders flop down – let go.

Let your mind wander through your arms, past your elbows to your wrists and your hands. Your hands are a very busy part of your body, always doing something. Have

the tiniest wriggle of your fingers and then let your hands be still. Notice how heavy your arms feel!

Now think about your head – let it feel heavy. Think about your face – smile gently and then let your mouth settle, feel your cheeks soften. Know that your eyes are smiling too, even though they are closed! Imagine a gentle hand, softly stroking your cheeks, your forehead, your hair.

Notice how heavy your whole body feels.

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Now imagine that you are lying on a magic carpet. This carpet is soft and warm and seems to hold your body gently, safe and sound.

If you feel like lying still, your carpet will let you stay where you are. If you would like to go for a ride, just ask your carpet and it can lift you gently up, up into a beautiful, blue sky.

Let your carpet take you higher and higher until everything seems small below you.

Feel the open sky around you – you can go anywhere you choose. You might want to go on an adventure. You might have a special place to go to or you might just like to float with the clouds. Know that your carpet will always take care of you and can bring you back safely whenever you ask it to.

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Feel your magic carpet underneath you and allow it to bring you back gently and slowly to this room. Know that you can take another ride any time you choose but now it's time to return to this room.

Become aware of your body as you lie there, can you feel your fingers? Gently wriggle them. Can you feel your toes? Gently wriggle them.

Take a deep breath in and stretch, then relax again as you breath out.

Again, breathe in and stretch. Stretch your arms overhead and your toes away from you.

Breathe out and relax.

One more. Breathe in and stretch, push your feet away and let go as you breathe out.

Gently hug your knees and have a little rock from side to side.

Let go of your knees, gently put your feet down and roll onto your right side.

Only get up when you feel ready to move.