

Calming and Relaxation ideas

When we feel overwhelmed and everything feels too much to handle having a few calming techniques can really help. It's good to practice the techniques when you're feeling OK so that you know what to do when you need to use them.

Remember you are unique so not all the ideas will work for you, choose the ones which work for YOU!

Remember you don't have to sit cross-legged to relax!

5 Finger breathing video

<https://youtu.be/HQVZgpyVQ78>

Link to 'The Calm Zone', lots of resources and ideas, we really like the 'stress sock' activity!

<https://www.childline.org.uk/toolbox/calm-zone/>

Box breathing

https://www.youtube.com/watch?v=FJJazKtH_9I

Link to mindfulness activities

https://alderhey.nhs.uk/application/files/9815/8515/7280/Mindfulness_activities_for_kids.pdf