

WAYS TO RELAX

HERE'S WHAT YOU CAN DO:

1

Stand up and stretch.

2

Take a break.

3

Take a couple of deep breaths.

4

Talk to someone about how you feel.

5

Am I feeling rested? Did I get enough sleep?

6

What is on my relaxation list?

Use the
breathing
activity on
the next page
to practice.

My Relaxation List
Things I like to do to Relax

Breathing

Pupils can practice these different breathing exercise while sitting or standing.

Snake Breath; Take a deep inhale in through the nose and breathe out through the mouth with a hisssssss.



Colour Breath; Close your eyes, take a deep inhale in through the nose while imagining a colour that makes you happy and smile. On your exhale out through the mouth, imagine a colour that represents stress and see it leaving your body.

Flower Breath; Take a deep inhale through your nose and imagine smelling a beautiful, colourful flower. Exhale slowly through your mouth.

Bunny Hop Breath; Take three short inhales into you nose and one long exhale out through your mouth.

Dragon Breath; Take a deep breath in through your nose and as you exhale out, wide mouth open wide, make a 'Haaaah' sound like a fire breathing dragon.

Soft Belly Breathing; Take a deep inhale in through the nose and as you do whisper the word 'soft', on the exhale whisper 'belly'.

Bumblebee Breath; Take a deep breath in through the nose and as you exhale slowly make a humming or buzzing sound like a bee.