

MINDFULNESS AND RELAXATION



For parents and children.

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Yoga and Relaxation

Yoga is good for your mental and physical health it teaches calming techniques, self awareness, enhances health, increases strength and flexibility, reduces symptoms of stress, depression and anxiety and above all it is relaxing!

- Cosmic Kids Yoga is designed especially for children and has lots of themed sessions. It is available free on YouTube:

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.cosmickids.com/category/watch/>

- There are also a number of free online yoga for beginner classes including:

<https://www.youtube.com/watch?v=v7AYKMP6rOE>

- And local providers who are running online yoga classes via Zoom for example:

<http://www.the-cedar-tree.co.uk/book-online-sessions>



Meditation and Relaxation

Meditation reduces stress, controls anxiety, promotes emotional health and self awareness.

- There are some great free online meditation resources for children:

<https://www.bbc.co.uk/cbeebies/grownups/go-explore-app-your-mindful-garden>

<https://www.youtube.com/watch?v=DWOHcGF1Tmc>

- For adults there are lots of short online meditation resources:

<https://www.youtube.com/watch?v=k0PSUDvLi8E>

- There is also meditation and relaxation music available online to relax to at home:

<https://www.youtube.com/watch?v=1ZYbU82GVz4>



Massage

Massage is therapeutic and relaxing a few gentle strokes causes the brain to release endorphins and produce oxytocin and it has so many positive effects on our bodies. It can reduce pain and increase feelings of general well-being and relaxation and encourage more restful sleep.

- There are some great resources on the school website showing hand and head massage techniques and reflexology as well as other activities:

<http://www.beaucroft.dorset.sch.uk/home-learning/online-lessons/mental-health-and-relaxation>

- Favourite stories can also be adapted into story massage:

<https://www.storymassage.co.uk/story-massage-children-special-educational-needs/>



Sensory Play

Sensory play is relaxing and can increase calmness and sleepiness. It can also calm breathing and it helps with self-regulation and emotions.

- Lavendar play dough:

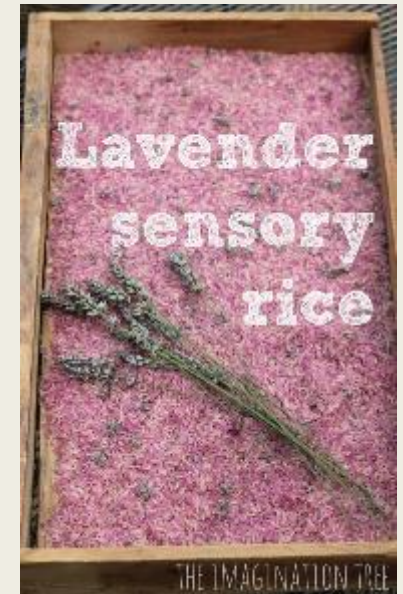
<https://theimaginationtree.com/lavender-play-dough/>

- Lavendar sensory rice:

<https://theimaginationtree.com/natural-lavender-sensory-rice/>

- Sensory jars:

<https://fun-a-day.com/glitter-jars-rainbow-calming-sensory/>



Art and Colour Therapy

Art therapy can help with expressing inner most thoughts and feelings from the sub conscious which is helpful especially when it can't be expressed verbally. It can reduce stress and anxiety and improves the mental, emotional and physical state.

Art therapy can include drawing, painting, colouring, making collages etc

- Colouring pages:

<https://www.activityvillage.co.uk/colouring-pages>

- Art Therapy:

<https://www.expressiveartworkshops.com/expressive-art-resources/100-art-therapy-exercises/>

- ASD Art Therapy:

<https://www.disabledliving.co.uk/blog/art-therapy-for-people-on-the-autism-spectrum/>



Dance and Exercise

Dancing and exercise reduces stress hormones and stimulates chemicals in the brain to lift the mood and ease anxiety.

- For children you can find Just Dance videos on YouTube to dance along to:

<https://www.youtube.com/watch?v=tcpBm571we4>

- For exercise there are number of free online resources including PE with Joe Wicks:

<https://www.youtube.com/watch?v=wpW2Mdyg-ml>



Walking in Nature

- Walking or being in nature has many benefits. It is relaxing, it helps to reduce anxiety, it makes you happy and it can alleviate mild depression.
- Walking also gives you more energy and improves positive feelings.
- For children playing and relaxing in the garden or natural settings can reduce anxiety, it can be a distraction and reduce some symptoms of ADHD.



Gardening and Growing

- Gardening is a natural stress reliever and can improve your mood and make you feel happier.
- Caring for your garden can be a form of mindfulness meditation. By connecting with the earth you can cultivate a healthy mind and feel calm and connected.
- For children it is good for sensory development as it engages all sorts of senses. It helps with physical development, it teaches responsibility and it can be a huge stress reliever as it teaches how to relax and control emotions.





Have Fun & Relax!!!