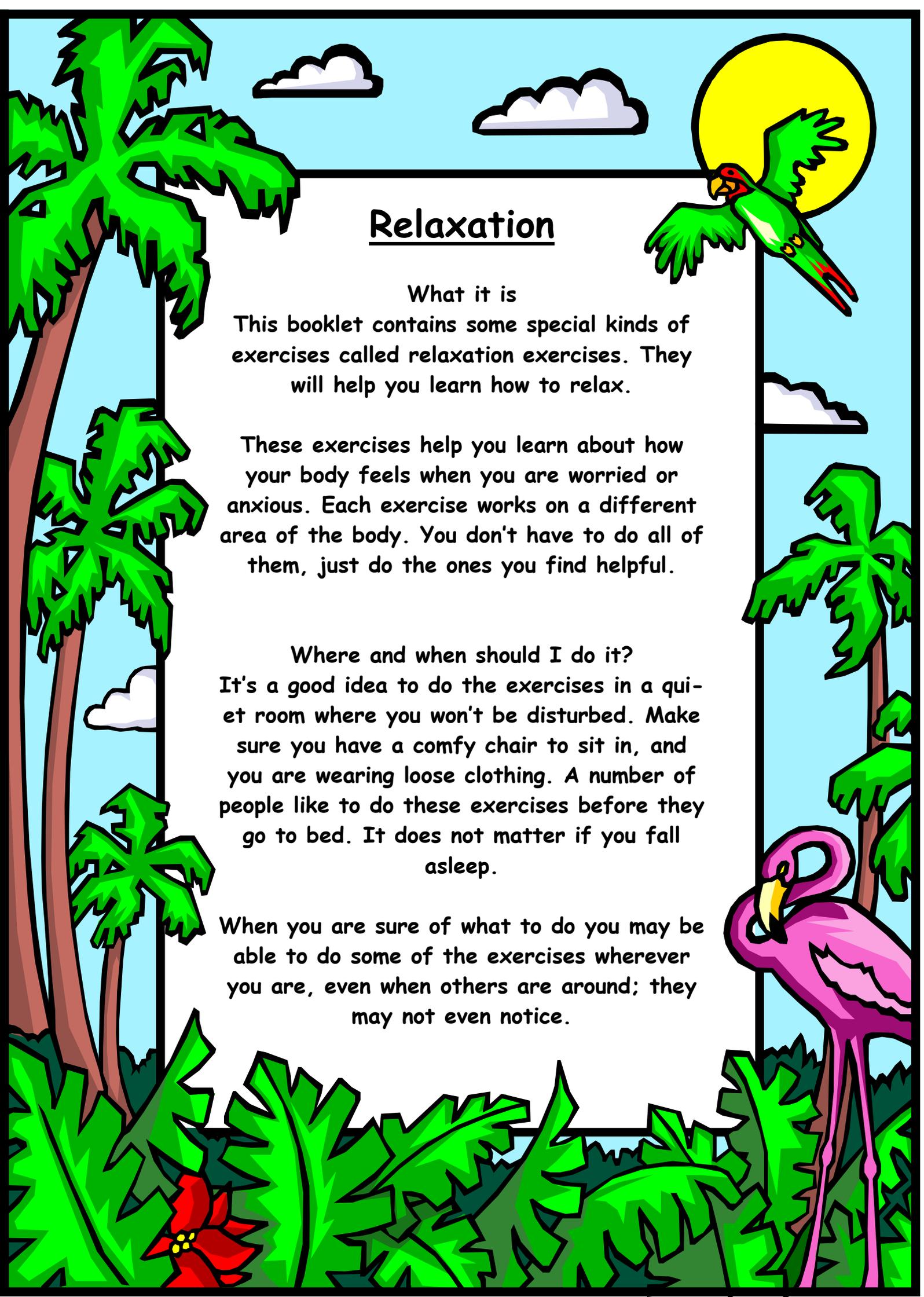


# Relaxation for Children



A vibrant, cartoon-style illustration of a tropical scene. On the left, several tall palm trees with green fronds stand against a light blue sky with a few white clouds. In the foreground, there are large green leaves and a red flower with yellow centers. On the right, a pink flamingo stands in the grass, and a green parrot with a red face is perched on a branch. A large yellow sun is visible in the upper right corner.

## Relaxation

### What it is

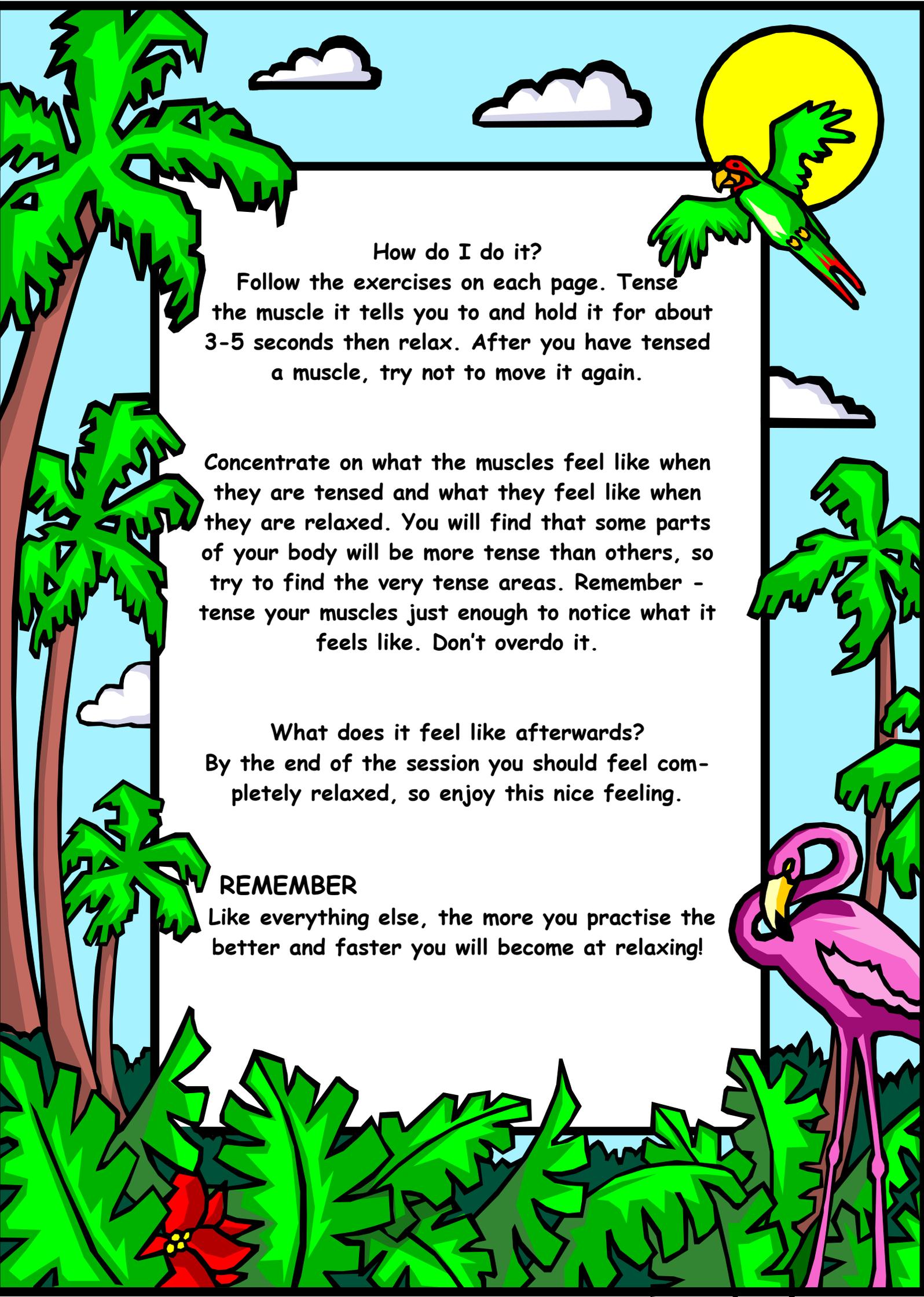
This booklet contains some special kinds of exercises called relaxation exercises. They will help you learn how to relax.

These exercises help you learn about how your body feels when you are worried or anxious. Each exercise works on a different area of the body. You don't have to do all of them, just do the ones you find helpful.

### Where and when should I do it?

It's a good idea to do the exercises in a quiet room where you won't be disturbed. Make sure you have a comfy chair to sit in, and you are wearing loose clothing. A number of people like to do these exercises before they go to bed. It does not matter if you fall asleep.

When you are sure of what to do you may be able to do some of the exercises wherever you are, even when others are around; they may not even notice.

A vibrant, cartoon-style illustration of a tropical scene. On the left, a tall palm tree with green fronds stands against a light blue sky with a few white clouds. In the upper right, a green parrot with a red beak and tail is perched on a branch, looking towards the left. A large, bright yellow sun is visible in the top right corner. In the lower right, a pink flamingo stands in a field of green foliage, including a red flower with yellow centers. The overall style is simple and colorful, with bold outlines and flat colors.

How do I do it?

Follow the exercises on each page. Tense the muscle it tells you to and hold it for about 3-5 seconds then relax. After you have tensed a muscle, try not to move it again.

Concentrate on what the muscles feel like when they are tensed and what they feel like when they are relaxed. You will find that some parts of your body will be more tense than others, so try to find the very tense areas. Remember - tense your muscles just enough to notice what it feels like. Don't overdo it.

What does it feel like afterwards?  
By the end of the session you should feel completely relaxed, so enjoy this nice feeling.

### REMEMBER

Like everything else, the more you practise the better and faster you will become at relaxing!

# HANDS

Pretend you are riding a horse—make a fist and hold on tight!!





## A R M S

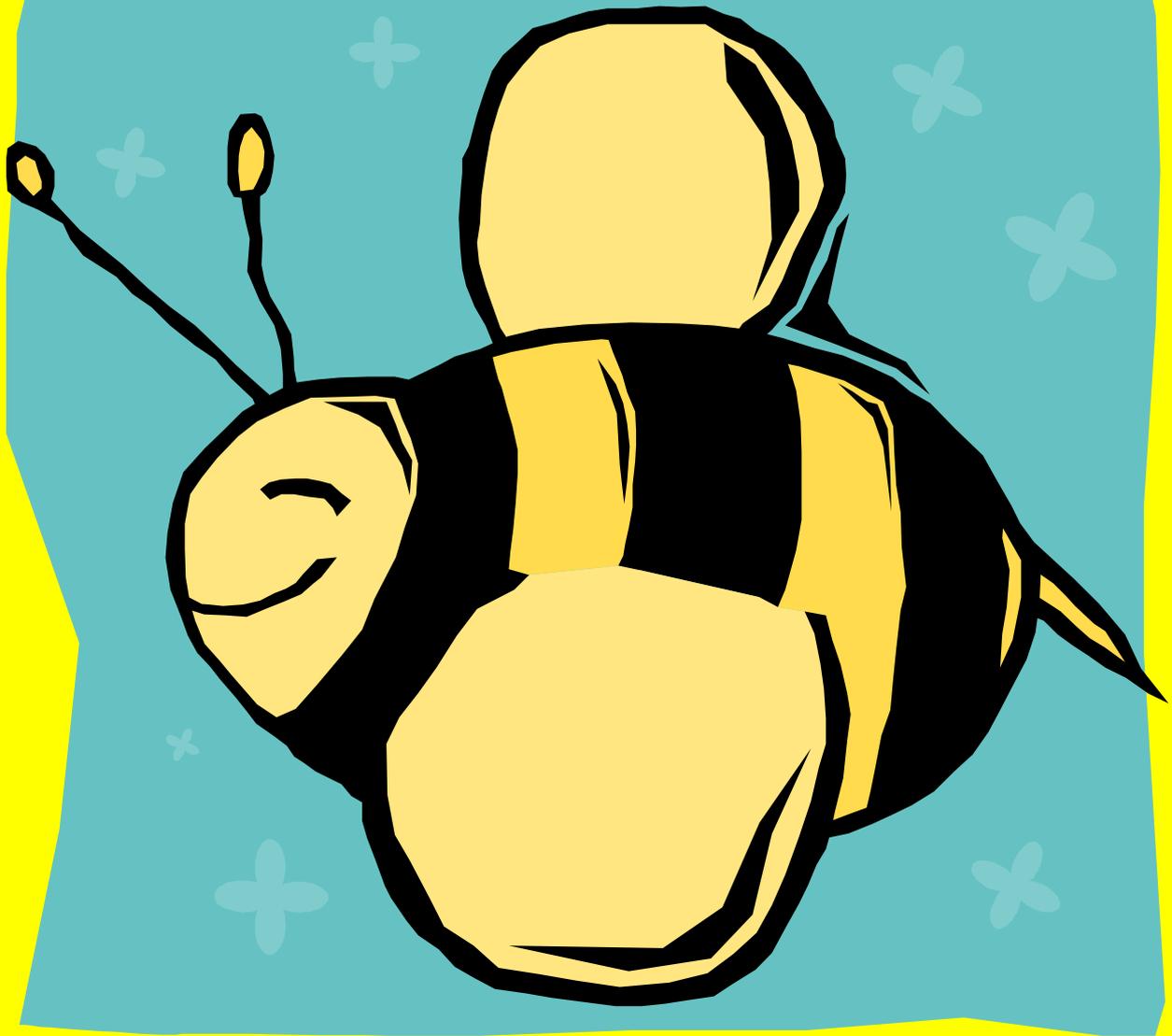
Then, pretend you are a bat—hold your wings in tight like they do when they are asleep



B  
O  
D  
Y

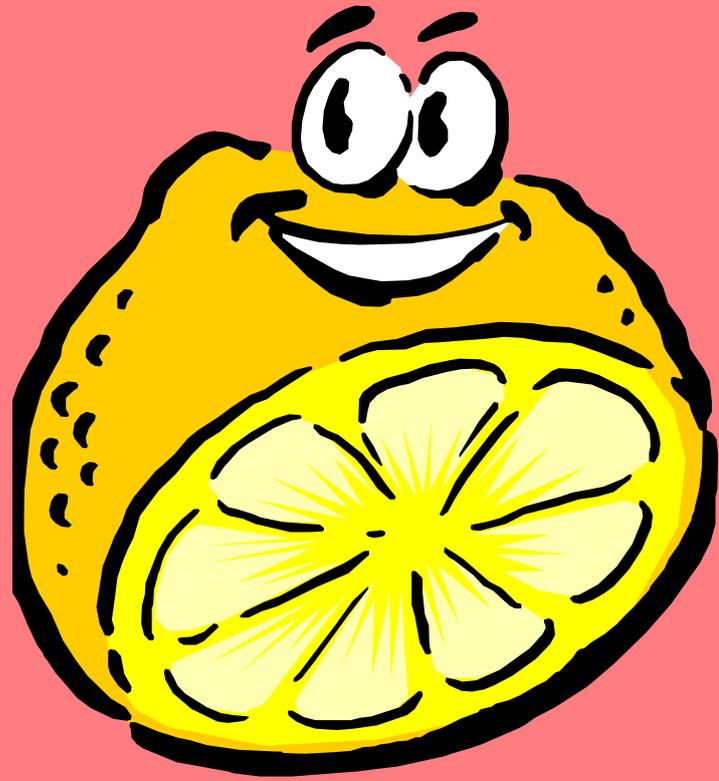
Now a bear is giving  
you a very tight hug  
and squashing you tight

**F  
A  
C  
E**



**Next, pretend  
a bee has landed on  
your nose—scrunch up  
your nose to try  
and get it off!**

Now pretend  
you have just  
eaten a lemon



**F A C E**



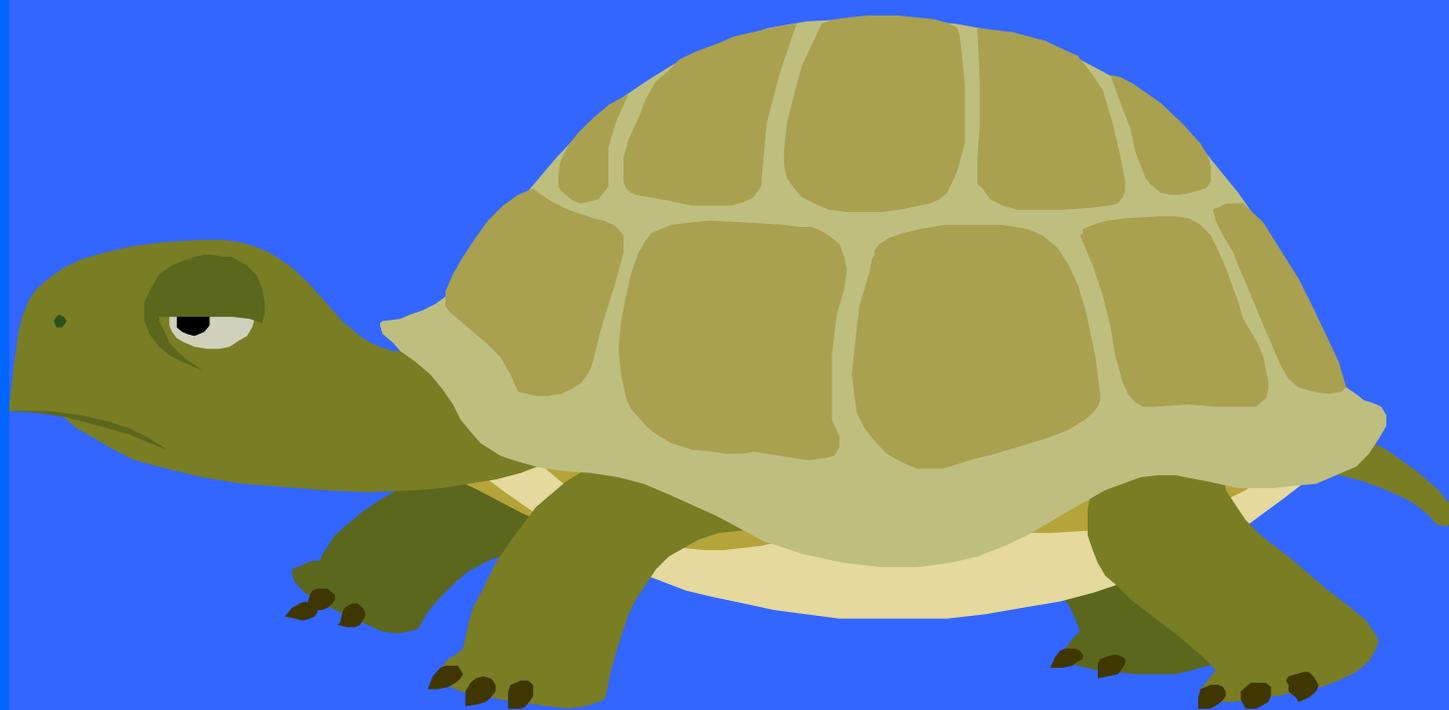
**It is  
very  
sour!!**

# F A C E



Open your eyes wide like  
an owl

Next, bring your  
shoulders up like a  
tortoise going into his  
shell

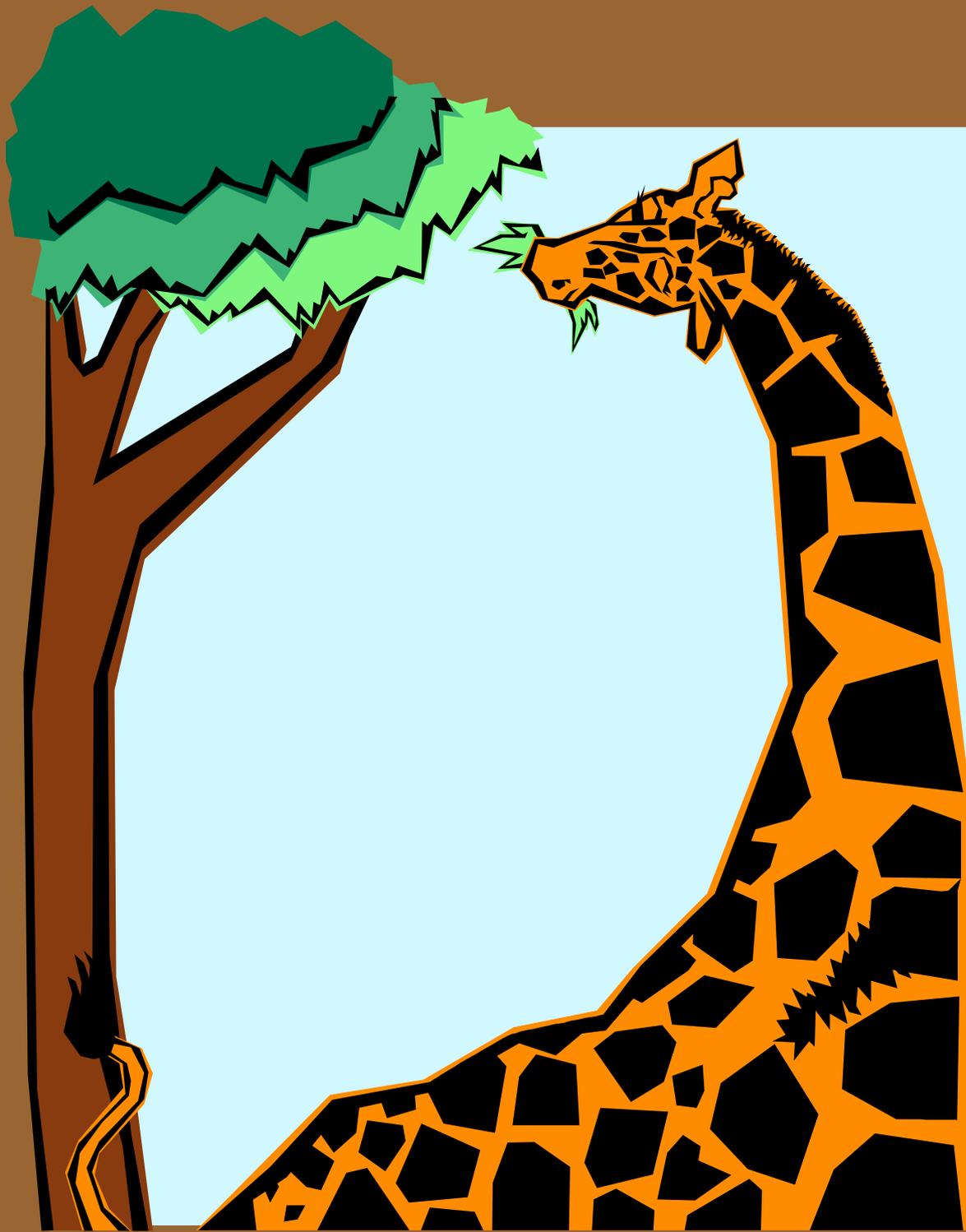


A R M S

N E C K

B A C K

N  
E  
C  
K



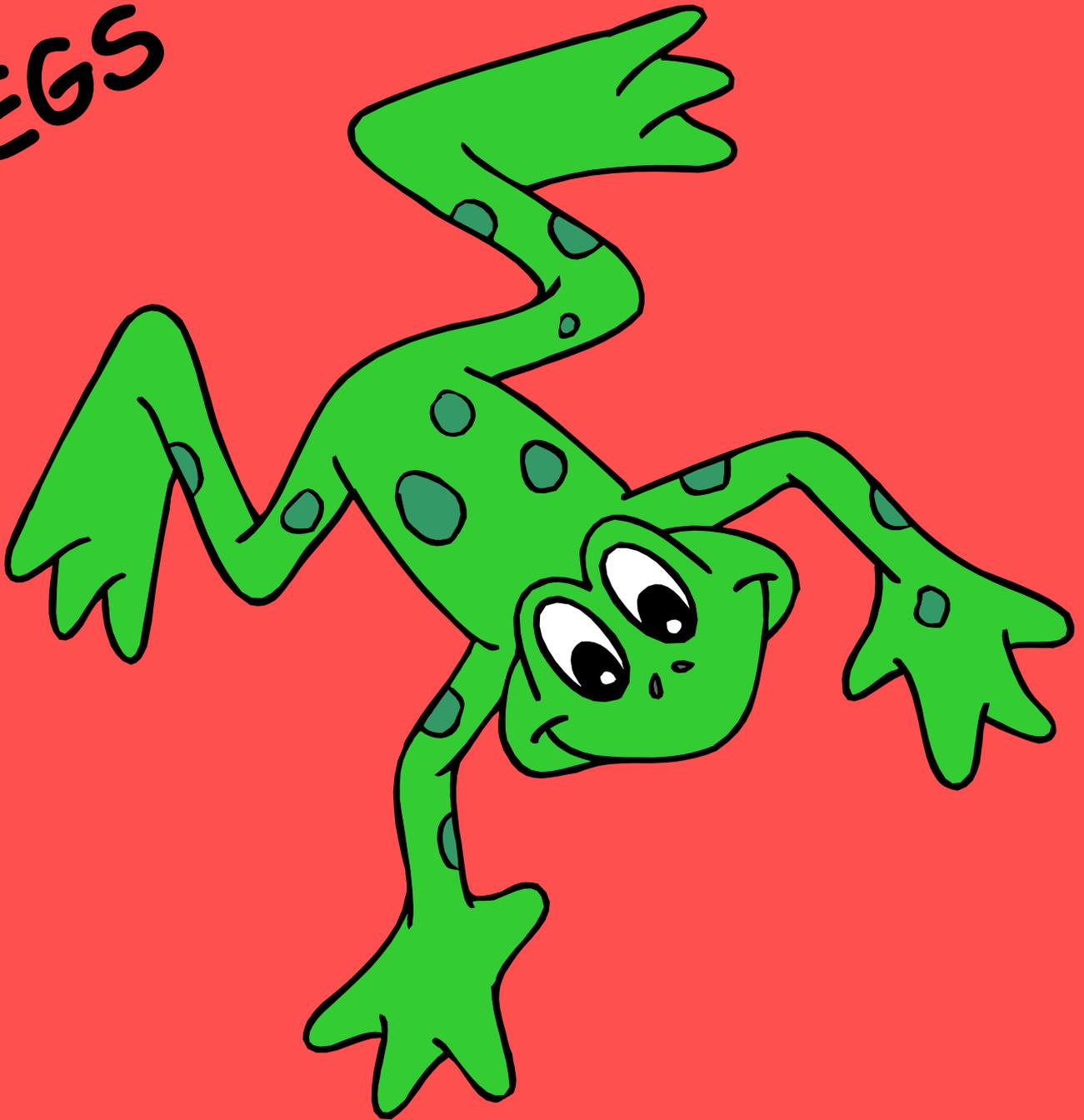
Make your neck grow  
like a giraffe

Then, make your tummy  
really hard so an  
elephant can stand on it!



S  
T  
O  
M  
A  
C  
H

LEGS



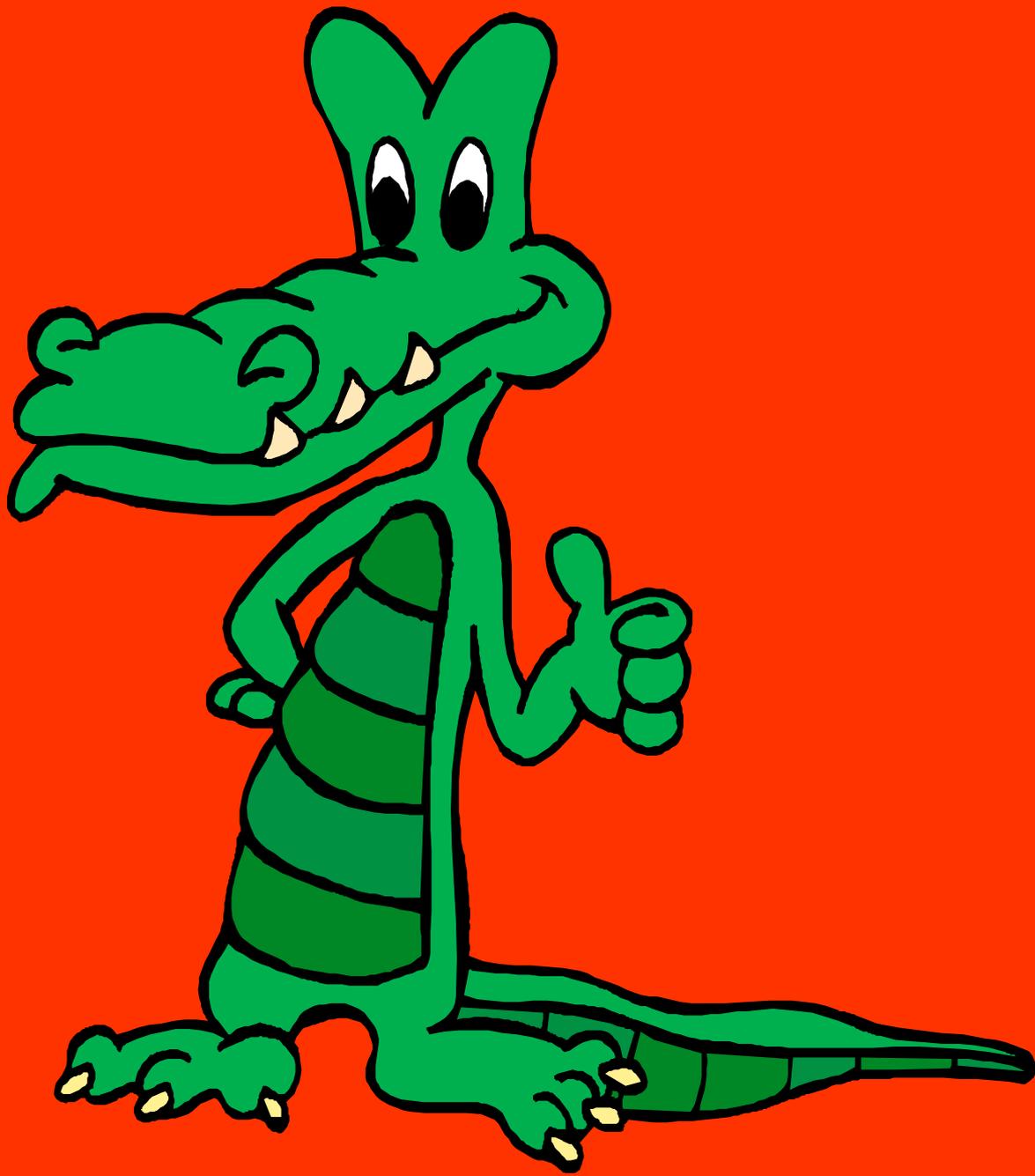
Now, bend up your legs  
like a frog about to jump  
to catch a fly!

Next, point your toes  
like a ballet dancer

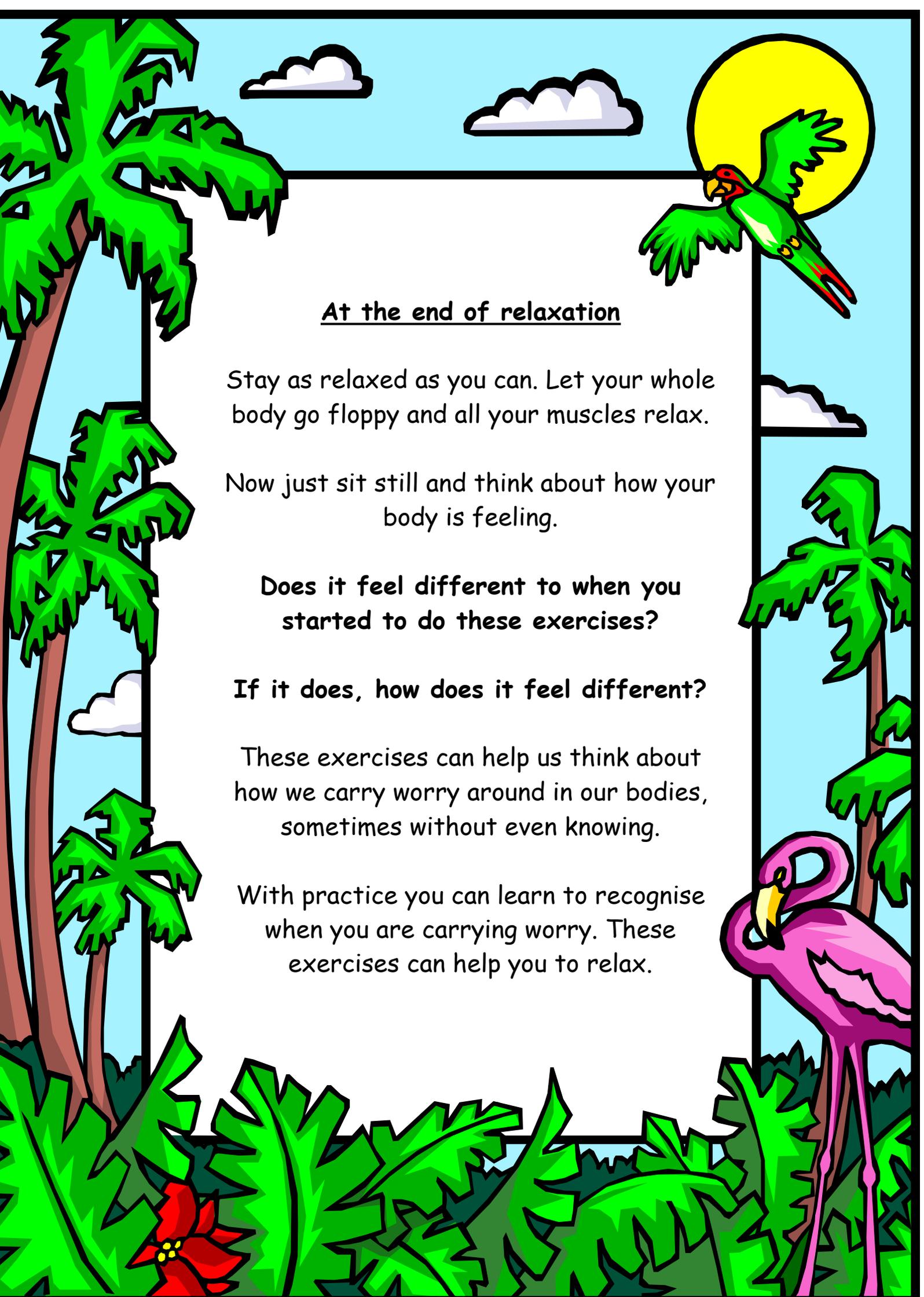


F E E T

F  
E  
E  
T



Now, lift your feet up to  
the sky before the  
crocodile bites your toes!!

A vibrant, cartoon-style illustration of a tropical scene. On the left, a tall palm tree with green fronds stands against a light blue sky with a few white clouds. In the upper right, a green parrot with a red beak and tail is flying towards the left, with a large yellow sun behind it. On the right side, a pink flamingo stands in a field of green foliage. The bottom of the image is filled with various green plants and a red flower with yellow centers. The entire scene is framed by a black border.

At the end of relaxation

Stay as relaxed as you can. Let your whole body go floppy and all your muscles relax.

Now just sit still and think about how your body is feeling.

Does it feel different to when you started to do these exercises?

If it does, how does it feel different?

These exercises can help us think about how we carry worry around in our bodies, sometimes without even knowing.

With practice you can learn to recognise when you are carrying worry. These exercises can help you to relax.