

Facilitation Guidance

Name of Resource: Relaxation for your body

Primary

Presenting Need: Anxiety & Stress, Attachment, Bereavement & Loss, Conduct Difficulty, Emotional Regulation, Low Mood, Resilience, Self Harm

Time Needed to Deliver: 10 minutes

Additional Resources Required:

Facilitation Guidance:

These child friendly exercises are forms of progressive muscle relaxation; which is based upon the practice of tensing one muscle group at a time followed by a relaxation phase with release of the tension. This can be learned by nearly anyone and requires only 10-20 minutes per day to practice, and of course, as with any skill, the idea is that you get better at it over time and so the children can then call upon this technique when feeling a particular way e.g. worried or angry. This intervention can be done with a child one to one or with a group of children and I would advise the professional to model and talk about the exercises aloud throughout. The idea is that you work through each exercise; breathing in as you tense and breathing out as you release. Then you can wait 10 seconds or so in the relaxed/release phase before moving on to the next exercise. Children can practice this technique seated or lying down, and ideally this should be done with comfortable clothing on, and in a quiet place free of distractions. It is suggested that adults guide children through the practice and also give the child the sheet to practice alone, perhaps before bed to help with sleep and relaxing. Over time, you can encourage the child to focus on the changes they feel in their body as they tense and release, and also to recognise when they feel tense or relaxed at other times (e.g. they may begin to notice their fists clenched and tense when angry).

Embedded Link of Resource:



Relaxation for your
Body.docx