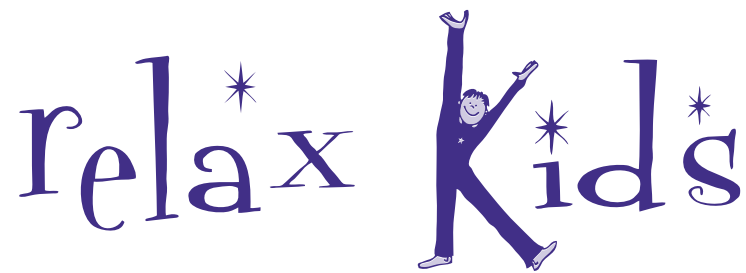




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Calm Pack

Stay calm with Relax Kids



Welcome to your Calm Pack

It is full of exercises, cards and affirmations to help you manage your anxious thoughts and feelings in these uncertain times.

Take a card in the morning, before bed or when you need a moment to pause and feel calm and relaxed again.

For classes and online classes as well as MP3s to help you feel calm, please visit our website or see your local Relax Kids coach.

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Relax Kids Message for Parents

We really are in very strange and scary times and it seems that everyone has gone into panic mode. Fear and panic is the worst thing as it weakens our nervous system and so makes us even more susceptible to both physical and mental illness.

It is so important to do everything we can to protect our mental and emotional health in these troubling times and so we have created a CALM PACK available for all families to help give you some time to touch moments of calm and breathe through the uncertainty.

Children need reassurance and calm right now to help them manage the changes and help them rest and relax their jangled nervous systems.

The CALM PACK has a meditation and set of cards with a variety of relaxation exercises to practise together. There are also affirmation cards and some activities.

We hope that you will be able to build some regular calm time into your new daily timetable at home and that these exercises will help you come closer together as a family.



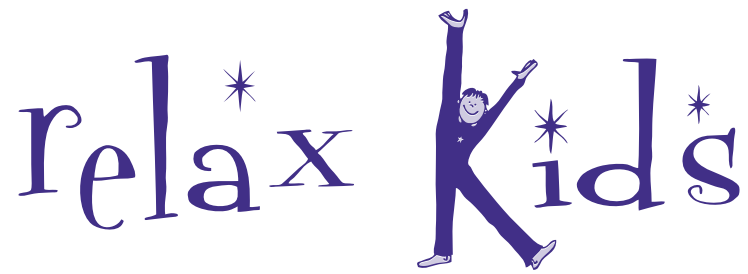
Marneta
Founder, Relax Kids
www.relaxkids.com

How to be a Protector of CALM at this time.

Zen Master Thich Nhat Hanh said: When the crowded Vietnamese refugee boats met with storms or pirates, if everyone panicked all would be lost. But if even one person on the boat remained calm and centered, it was enough. It showed the way for everyone to survive.

In these troubled times, it is so vital to be a protector of calm and model calm to your children and create an environment of safety where calm can thrive.

We encourage you to model calm and be a Protector of Calm so you can manage your own eco system and help your family be Protectors of Calm. This way, we can gently send ripples of calm out in this panicked world.



Calm Activities

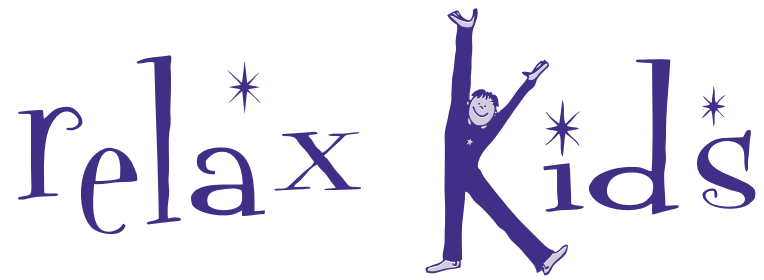
CALM PICTURE

Write the word CALM as large as possible and let your child colour in the word. They can add pictures of things that help them feel calm. Let them use calming colours - anything to create an image of calm. Tell children to stare at the picture and see how calm they can feel. Then ask them to close their eyes and make the picture very small - like a postage stamp. Tell children they can keep this little picture anywhere they like in their body - heart, head, palm. Whenever they are feeling stressed and anxious, they can look at their calm picture and feel calm.

CALM BOX

Make up a calm box so you always have something to help you feel cool and calm. Find a box and put things that make you feel calm like a cool pebble, a feather, a stress ball, a cuddly toy and your calm cards.

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Creating a Calm Corner

Create a calm quiet corner in your house where your child can go to relax. This can be small space in a bedroom, playroom or spare room.

You could make it like a den or you may like to decorate a low table with objects that are inspiring and calming.

Collect cushions, beanbags or a small rug to create a cosy snug.

Add positive photos or images of outdoor spaces or pictures of nature scenes.

Use affirmation cards such as the Relax Kids Mood Cards or Star Cards.

Play music with instrumental music or Relax Kids MP3s.

Use an aromatherapy diffuser or spray lavender or mandarin oil into the air to create a feeling of serenity and calm. Use a clean spray bottle and put a drop of lavender/mandarin oil in water. Make sure you change the water regularly.

A collection of small comfort cuddlies or special things like crystals, candles, shells, flowers or talisman.

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Calm Cards

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*Today I will
breathe like
the tide'*

This is a great affirmation to keep your breathing steady when you feel anxious or stressed.

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*Today I will
be serene
like a swan'*

Repeat this affirmation and notice how relaxed you become.

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*Today I
will be cool
like the moon'*

This is a great affirmation to help you feel peaceful.

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*Today I will
float like a
cloud'*

This is a great affirmation to help you feel relaxed and calm.

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*Today I will
be calm like
a lake'*

Repeat this to yourself to keep yourself chilled out today.

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*Today I
will shine
like the sun'*

This is a great affirmation to help you remember how brilliant you are.

*Today I will
be content
like a cat'*

This is a great affirmation to help you notice how many good things there are in your life and realise how lucky you are.

*Today I will
be strong
like a stone'*

This is a great affirmation to help you feel strong, centred and focused.

*Today I
will be honest
like a mirror'*

This is a great affirmation to help you remember to tell the truth and be honest.

*Today I
will be
happy like a
bumblebee'*

This is a great affirmation to help you feel positive and cheerful.

*Today I
will be
determined like
a rocket'*

This is a great affirmation to help you stay focused.

*Today I
will be
confident like
a giant'*

This is a great affirmation to help you feel positive and confident no matter what is going on.

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*Today I will
be private
like a box'*

This is a great affirmation to help you remember to stay still and quiet.

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*Today I will
be gentle like
a butterfly'*

This is a great affirmation to help you remember to stay gentle and kind to others.

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*Today I will
be quiet like
a mouse'*

This is a great affirmation to help you stay quiet and listen to what is going on around you.

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*Today I will
be positive like
a peacock'*

This is a great affirmation to help you feel cheerful.

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*Today I
will be
beautiful like
a rose'*

This is a great affirmation to help you remember all the special qualities you have.

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*Today I
will be
courageous
like a lion'*

This is a great affirmation to help you stay strong and brave.

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*Today I will
be loving like
a dolphin'*

This is a great affirmation to help you feel love towards your family and friends.

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*Today I will
work hard
like an ant'*

This is a great affirmation to help you stay focused and determined.

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*Today I
will be
bright like a
star'*

This is a great affirmation to help you feel confident.

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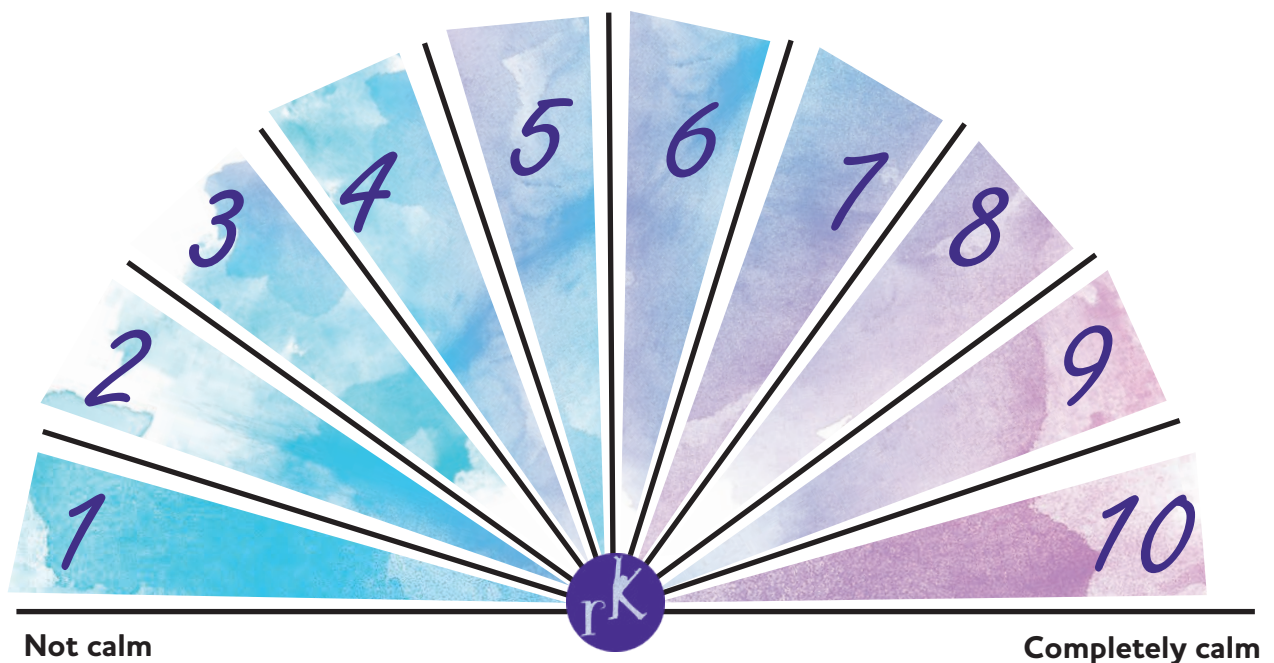
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Calmometer

How to use: Close your eyes and notice how you feel. Look at the Calmometer and note where you are on it. Check again after doing your relaxation exercise.



How calm do you feel?

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Calm

EXERCISES

Melting Butter

Imagine you are a tiny piece of butter lying on warm toast. Imagine that the floor is warm like toast and you are slowly melting into the toast. Feel your whole body becoming soft and gooey as you melt and relax into the warm toast. How long can you lie there for, feeling relaxed and calm?

Feather in the Wind

Imagine you are a feather floating in the wind. Feel yourself becoming so light that you can feel the wind carrying you along. You enjoy feeling light and free. Imagine yourself floating further and further into the air, feeling totally supported by the wind.

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Deep Breaths

Close your eyes and sit comfortably with your back straight. As you sit there, spend some time observing your breathing. Feel the in-breath and watch what happens when you breathe back out. As you sit there, try to make **YOUR** breaths longer. Take a longer breath in and then breathe out slowly and gently. As you breathe out, feel as if all your worries and problems are blowing away, leaving you feel relaxed and calm. Repeat this a couple more times.

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Glass Boat

Lie down on your tummy and just relax. Imagine you are lying on a boat and you can feel the warmth of the sun on your back. The boat has a glass floor and you can see through to the water. As you lie there, spend sometime, enjoying watching the movement of the fish and sea creatures below you. Enjoy feeling relaxed as the boat gently sways from side to side.

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Squeeze and Relax

Lie down and take in a deep breath, and as you breathe in, squeeze all the muscles in your body. Now breathe out and relax all the muscles in your body. Repeat this exercise one more time.

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Palming

Rub your hands together to let them warm up for about 15 seconds. Make a cup with your hands and place them over your eyes being careful not to press your eyes with your hands. Hold this position for 30 seconds to 2 mins. You might like to rest your elbows on the table if your arms are aching. The more relaxed you become, the blacker the darkness you will see with your closed eyes. This exercise brings rest and relaxation to your eyes.

Sunshine

Lie down and imagine your body is soaking up the sunshine. Feel yourself surrounded by golden sunshine. As the sun warms your body, feel yourself becoming energised and happy.

Pebble

Imagine you are holding a smooth pebble in each hand. Feel it, become aware of it and feel the coolness and peace spreading through your body.

Mirror

Close your eyes and imagine you are looking into a mirror. Imagine in the mirror is an even better you. See yourself happy and smiling. See yourself full of happiness and looking amazing. Take a step towards the mirror and now imagine that you are the wonderful person in the mirror. Feel yourself tingle inside as you realise how amazing you are. Now squeeze your thumb and first finger together as you think about how amazing you feel. When you are ready step back again and open your eyes. Whenever you are feeling down and want to remind yourself how special you are, you just have to squeeze your thumb and first finger together.

Bubbles

Imagine you are blowing bubbles of peace or happiness or love into the room. Take in a breath and imagine you have a pot of bubble liquid. Slowly and gently blow bubbles into the room. As you blow out the bubbles, imagine they are filled with peace and the whole room is filling up with peace.

Magic Dust

Sit comfortably and take in a deep breath. As you breathe in, feel as if you are breathing in magic fairy dust. Now, gently blow out the fairy dust into the air and imagine the room is being filled with fairy dust.

Chest Taps

Imagine your body is a computer and you are reprogramming your computer. Tap your chest as you repeat, 'I am calm, I am peaceful, I am quiet, I am relaxed'. Now stay as still as you can.

Shining Shells

Sit on the floor with your spine straight, legs out in front of you and your arms in the air. Imagine you are an oyster shell on the beach. Take in a deep breath and, as you breathe out, bend forward from the waist and try to touch your toes. If you can't reach your toes comfortably, just touch your legs or ankles. Can you close the oyster shell tight? If not, that's OK: just keep breathing and stretching. Breathe in and, as you breathe out, stretch a little further. Do this three more times, until you are ready to open the oyster shell and lift your arms up again.

Quiet Listening

Close your eyes and stay as still as possible. Spend some time listening to all the sounds inside the room. Stay very still and quiet and listen to any sounds outside the room. The more still and quiet you are, the more you will be aware of the sounds around you.

Green Breaths

Lie down on the floor or bed and put your hand on your tummy. Breathe in and out gently and feel your tummy rising and falling. Now, as you breathe in, imagine you are breathing green light. It feels very calming and peaceful. Now breathe the green light out into the room. Fill the whole room with soft green light. Breathe in, breathe out, breathe in, breathe out.

Butterfly Breaths

Imagine there is a butterfly on end of your nose. You feel the butterfly as you breathe in and out. Now it is on your chest as you breathe in and out and now on your stomach. Take in a deep breath into your stomach and watch the butterfly rise and fall with your stomach.

Resting Rocks

Sit down in a kneeling position, with your hands placed firmly on your knees. Keep your back and arms as straight as you can. Imagine you are a rock standing totally still in the sea. Feel the cool sea water swirling around the bottom part of you. It feels so cool and refreshing. Take in a deep breath of fresh sea air and breathe out. Each time you breathe in and out, feel your whole body becoming calm and still.

Tummy Breathing

Sit or lie down and put your hand on your tummy. Feel your tummy rising and falling as you breathe deeply. Continue breathing and feeling calm and relaxed and focused.

Smiling Heart

Close your eyes and take a deep breath in through your nose, slowly, and out through your mouth. Put your hand on your chest and spend a few moments feeling calm and relaxed. Now, imagine that you have a smile in your heart. Watch how you start to have loving feelings. Can you send that smile up to your face? Let your mouth smile gently. Breathe in and out and rest there for a few moments. Now open your eyes and see how different you feel.

Colour Breathing

Take in a breath and, as you breathe in, imagine you are breathing in the colour pink for love. Feel this colour touching all the parts of your body inside. Send it around your whole body. Now, as you breathe out, see if you can imagine breathing the colour into the room. Fill the room with the colour pink.

Shimmering Stars

Close your eyes, be very still and imagine you are lying down on the grass at night. The grass is soft and warm and you can smell the fresh smell of earth. It is a warm summer night and the sky is completely black. As you lie there, you can see shimmering stars in the sky. These stars make interesting patterns in the velvet black sky. Spend some time looking at the glittering patterns. Watch as the stars twinkle in the sky. You feel calm and relaxed as you look up at the stars.

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Stay *Calm*

I AM A

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PROTECTOR

OF

Calm

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#Captain of **COURAGE**

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#Commander of **CALM**

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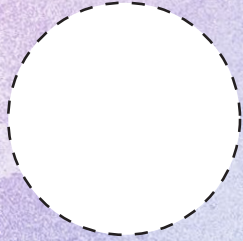
#Chief of **CALM**

relax* Kids*

#protectofofcalm

relax* Kids*

#protectofofcalm



Shhhhh

I'm relaxing



Calm

Zone

Meditation for Calm

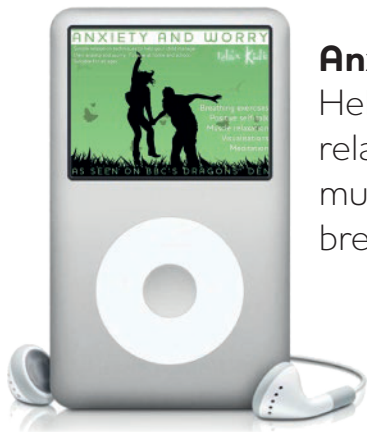
Shimmering Stars (Full version) - Marneta Viegas

Close your eyes, be very still and imagine you are lying down on the grass at night. The grass is soft and warm and you can smell the fresh smell of earth. If you lie there very still, you can hear the blades of grass rustling slightly. It is a warm summer night and the sky is completely black. As you lie there, you can see shimmering sparks in the sky.

These stars make interesting patterns in the velvet black sky. Spend some time looking at the glittering patterns. There is one star that catches your eye. It is the biggest star and it shines like a sparkling diamond. As you look at it, you can see all the colours of the rainbow in the star. This is the most beautiful star you have ever seen – it is gleaming in the dark sky.

The star appears to get bigger and bigger, it is getting brighter and brighter. This is the wishing star. You can wish for anything you like. Spend a few moments thinking about what you would like to wish for and, when you are ready, whisper your secret wish to the star. It is as if the star has heard your wish and is smiling. You feel happy and content that the wishing star has heard your secret wish, and you hope that one day your wish will be fulfilled. Be very quiet – try not to move a muscle – and think about how you would feel inside if your wish were granted. Stay there for as long as you like.

*Audios to help children manage
their feelings in difficult times*



Anxiety MP3

Helping children and young people to feel safe and calm using a variety of relaxation and simple anxiety management techniques such as progressive muscle relaxation, visual imagery, mindfulness, positive affirmations and breathing techniques.



Quiet spaces MP3

Deep body relaxations to help children while introducing them to simple stress-management and mindfulness techniques. These proven techniques encourage mental and emotional health and provide tools for children who suffer from sleeping problems, anxiety and stress.

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