

# **Calm & Chilled**

**Helping children  
to understand the  
importance of  
relaxation and develop  
individual strategies**



# Calm



# Chilled

# Guidelines for using 'Feeling Tense'

The aim of this worksheet is to help children think about various issues related to tension. It helps them to understand why we become tense and what tension feels like in our bodies.

Children should also realise that tension not only has a physical effect on their bodies, but an emotional one too. This element should also be explored with the child. You might achieve this by considering: Does tension make you more irritable? Does it stop you from being able to see things rationally? and so on.

When asking children to talk about times when they have been tense, it is not merely necessary to consider the things that cause this feeling. Children should be encouraged to think about the physical and emotional impact of tension on their bodies. They could write these impacts around the illustration on the page.

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# Feeling Tense

**Tense** IS A PHYSICAL FEELING YOU GET IN YOUR BODY.

YOU MAY FEEL **Tense** BECAUSE SOMETHING IS WORRYING YOU -

LIKE TAKING A TEST



OR BECAUSE SOMETHING HAS MADE YOU SAD -  
LIKE AN ARGUMENT WITH A FRIEND

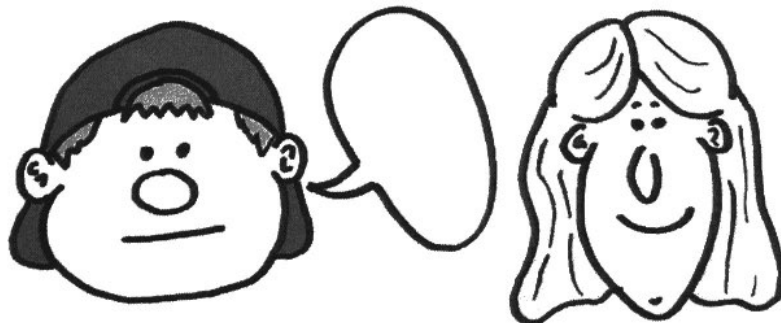


OR BECAUSE FEEL ANGRY -  
LIKE WHEN SOMEONE CALLS YOU A NAME



FEELING **Tense**

CAN MAKE YOUR BODY FEEL STIFF AND YOU TUMMY FEEL NOBBLY OR CHURNED UP.

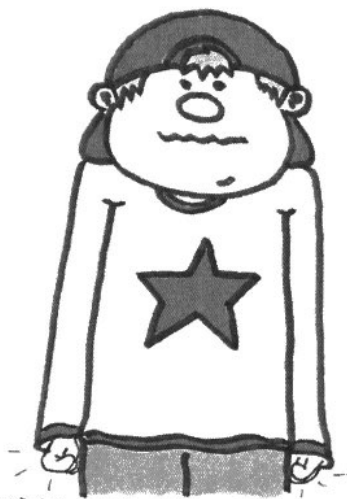


TALK TO THE ADULT YOU ARE WITH ABOUT A TIME WHEN YOU HAVE FELT

**Tense**



# The Wind Up



1. CLENCH YOUR FISTS AND HUNCH YOUR SHOULDERS UP TO YOUR EARS.

2. HOLD IT THERE FOR 3 SECONDS.

1 2 3

3. BREATH IN DEEPLY THROUGH YOUR NOSE UNTIL YOUR TUMMY STICKS OUT (YOU MIGHT HAVE TO PRACTICE THIS BECAUSE IT IS TRICKY TO DO).

4. BREATH OUT SLOWLY. LET YOUR SHOULDERS DROP AND YOUR FINGERS RELAX.



# Wind Down Game





# The Imagination Game!

FIND A QUIET, COMFORTABLE PLACE TO SIT.  
CLOSE YOUR EYES AND TAKE DEEP BREATHS

(LIKE YOU PRACTISED IN THE WIND UP / WIND DOWN GAME)

THE ADULT YOU ARE WITH WILL READ THE STATEMENTS IN THE BUBBLES BELOW.

USE YOUR  
**Imagination**  
TO HELP YOU PLAY THIS GAME!

THINK OF A PEACEFUL  
AND CALM PLACE.  
IT COULD BE A PLACE  
THAT YOU KNOW OR  
ONE THAT YOU MAKE  
UP IN YOUR HEAD.

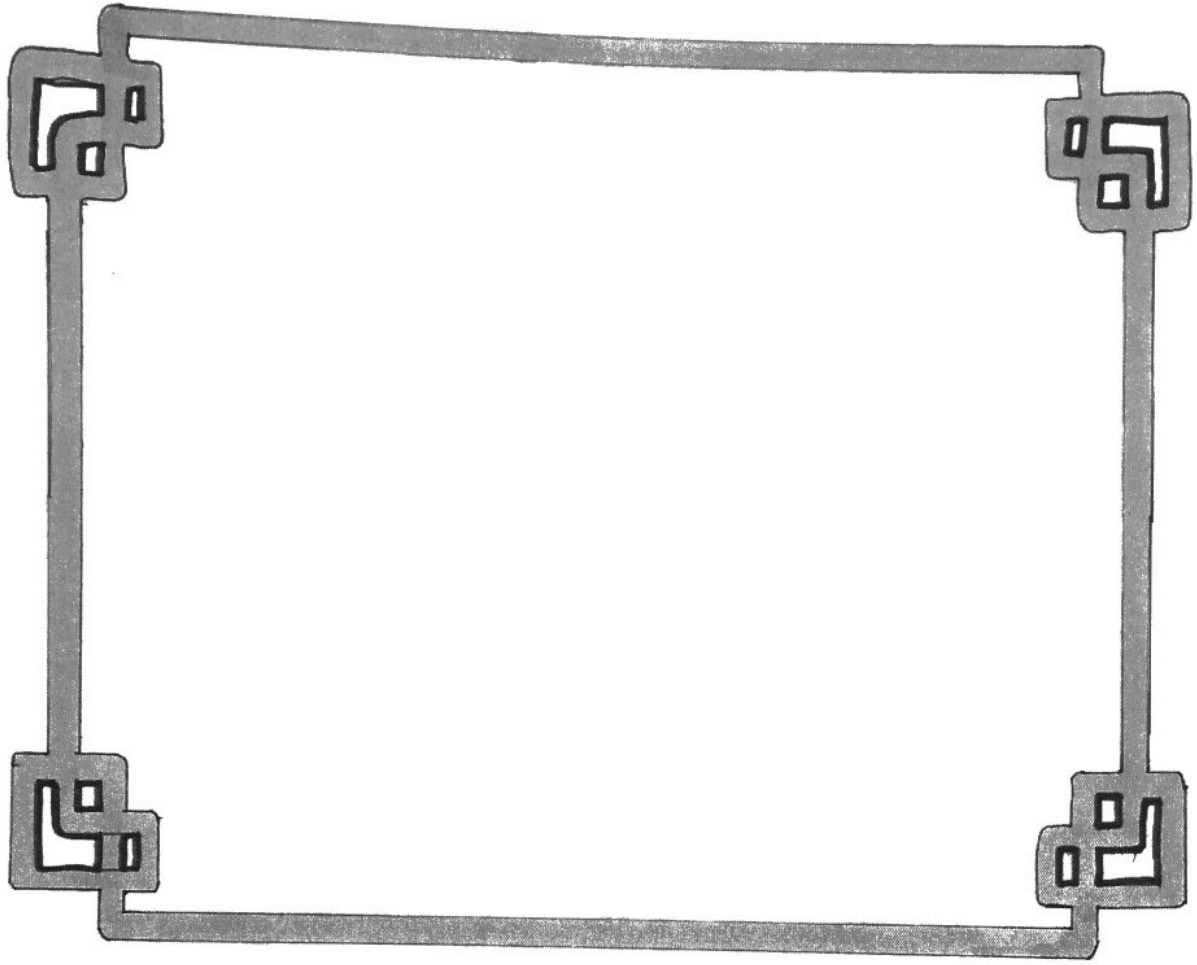
WHEN YOU ARE IN YOUR  
PEACEFUL PLACE IMAGINE  
SOME OF THE SIGHTS,  
SOUNDS AND SMELLS YOU  
MIGHT FIND THERE.

SPEND A COUPLE MORE  
MINUTES THINKING  
ABOUT YOUR PEACEFUL  
PLACE AND WHAT YOU  
MIGHT BE DOING.





# My Peaceful Place



TRY TO REMEMBER HOW YOU FELT WHEN YOU WERE IMAGINING YOUR PEACEFUL PLACE. WHAT WAS THE FEELING? HOW DID YOUR BODY TELL YOU YOU HAD THAT FEELING? WHAT WAS YOUR BODY DOING - E.G. WERE YOUR MUSCLES RELAXED OR TENSE?

IF THINKING ABOUT YOUR PEACEFUL PLACE MADE YOU FEEL RELAXED AND CALM, THEN MAYBE NEXT TIME YOU ARE TENSE YOU COULD IMAGINE YOUR PEACEFUL PLACE IN YOUR HEAD. THIS MIGHT HELP YOU RELAX.

# Guidelines for using 'Relaxation Tips'

This worksheet offers more examples of relaxation strategies.

It is important that children have opportunities to test these strategies out within the session.

However, the true effectiveness of these strategies may only be realised after the child has had experience of using them in real-life situations.

It is also important that children explore how effective these strategies are for them and how they make them feel.

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# Relaxation Tips

HERE ARE SOME OTHER WAYS THAT MIGHT HELP YOU TO

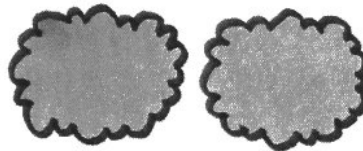
## Relax

PUT A TICK NEXT TO THE ONES YOU HAVE TRIED BEFORE.

SHOW THE ADULT YOU ARE WITH HOW TO DO THEM!

COUNT BACKWARDS FROM TEN.

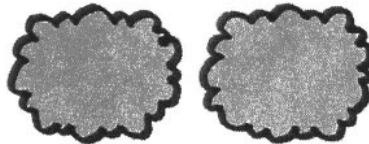
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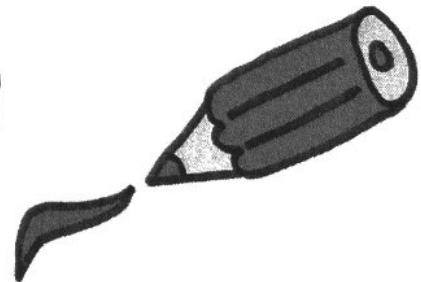
LISTEN TO A GENTLE PIECE OF MUSIC.



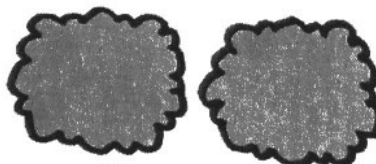
READ A BOOK



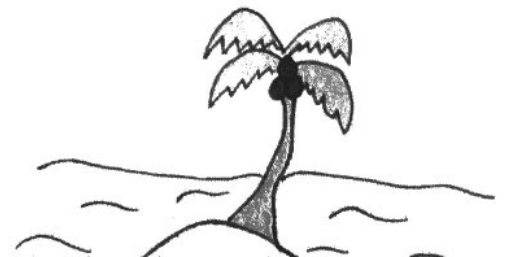
DRAW A PICTURE



TAKE 5 DEEP BREATHS IN AND OUT.



IMAGINE A PEACEFUL PLACE.



— **सुपर** **कैर** **सुनि** **मुस** **सै**



