

Time to relax

What we know

Young children can experience stress, and benefit from finding ways to manage these times.

Learning to relax is an important way to manage stressful situations. Children can learn to calm themselves by slowing down, being still and breathing deeply.

Learning to become quiet in their body and their mind can be difficult for young children, and so it helps to guide them through the steps.

Children are particularly responsive to their carers' emotions so when you take time to relax with your child, they will respond to this in a positive way.

What to do

Sit or lie down with your child.
Play some relaxing music to encourage quiet time together.

While the music is playing, gently speak to your child about their favourite flowers, beach or quiet space.

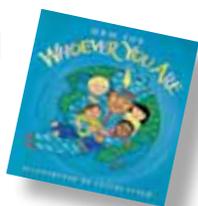
Use your voice to guide them to think about the forest, outer space or the waves lapping on the sand.

At first, do this for a few minutes. Next time you can extend the experience. With practice, your child will learn the best way for them to become relaxed. This can work well in the long term to teach children to calm themselves down, stop and think – and we all know what an important skill that is.



A book to read

Whoever You Are
by Mem Fox



ISBN 978-0-9871210-6-6

Things to say

'Listen to the quiet music and shut your eyes.'
'Imagine you are in a forest, at the beach or floating in space.'
'Let's pretend we can see a forest and we are going for a walk.'
'What would we see in the forest?'