

School Based Workshops

Information for Parents and Carers

We will explore a few strategies to help children when different emotions come around, why not try these together at home?

Chair Push Ups

Sit with your feet flat on the floor. Push your bottom up from the seat of the chair with flat palms.

Hold for 5-10 seconds and repeat if needed.



Hot Chocolate Breathing

Pretend that you have your hands wrapped around a mug of hot chocolate.

Breathe in through your nose for 4 seconds as though you are smelling the delicious chocolatey smell.

Then breathe out through your mouth for 4 seconds as though you are blowing it to cool it down.



Squeeze

Squeeze all your muscles and breathe in. Hold it in for a count of 10. Breathe out slowly as you relax your muscles. Repeat.

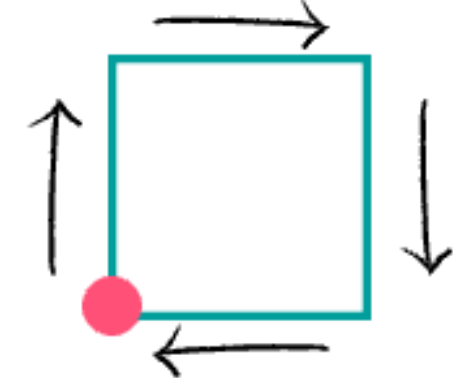


Repeat if needed.

Square breathing

You can use your finger and trace around a square object or trace an imaginary square with your finger.

Breathe in slowly for 4 seconds and out slowly for 4 seconds. Repeat if needed.



Palm Push

Face your palms together

Push them firmly

Hold for 10 seconds

Repeat



Finger Pull

Put one hand palm up and one hand palm down.

Touch your fingers together and curl so they are locked together.

Pull them apart and hold for 10 seconds.



Rip!

Get all the anxious or angry thoughts out of your mind by writing them down.

When you've written them all down, rip the paper into tiny pieces and put it in the bin.

Happy Memories

When times are tough, think of a time when you felt happy.

Research shows we can boost our mood by reflecting on a positive memory.



Thoughts Aren't Facts

Just because you think it, does not make it true.

Can you pop your green glasses to challenge and change your thought? Is there another way to think about the situation?

If it is true, how will you cope? Will it matter in a week's time? A month's time?



Distraction

When we cannot do anything about our thoughts and worries, then it is sometimes useful to distract ourselves.

You could play:

- What would you do if...: you had a superpower, won the lottery?
- A-Z: Find 5 things for every letter of the alphabet.
- 10s - 10 colours in the room, 10 Disney films...



5, 4, 3, 2, 1

5 things I can see

4 things I can hear

3 things I can smell

2 things I can touch

1 thing I can taste



Be a Tree

I am firmly planted. I feel my feet rooted to the ground. My back is a strong trunk helping me feel stable in the moment. I feel my toes connecting with the ground. My arms are my branches. I feel them reach out into the world.



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