

Classroom Activities – Relaxation

Taken from www.kidsrelaxation.com

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The Butterfly on My Nose

This poem was written as a progressive relaxation for relaxing the face. Preschoolers and toddlers can listen to an adult read it and perform the actions included as it is read. Tell children to pretend like there is a butterfly on their nose and to listen carefully.

The Butterfly on My Nose

There's a butterfly on my nose, oh no!
It tickles and flutters, makes me wrinkle it
so!
I wiggle and wiggle and wiggle my nose
And up, up and away it goes!

Whew, I relax my face
And watch the butterfly dance, swirl around
the place
I breathe real deep and watch it go,
I breathe real deep and relax just so.

Uh oh, there's a butterfly on my nose once
again.
I squint with my eyes and scrunch my
forehead.

Ah, there it flies away again.
I relax my eyes and my forehead.

Whew, I relax my face
And watch the butterfly dance, swirl around
the place
I breathe real deep and watch it go,
I breathe real deep and relax just so.

Oh no, there's a butterfly on my nose!!!!
How did it get there and rest so close?
I smile real big, make my cheeks spread out
Away it dances and floats about.

Whew, I relax my face
And watch the butterfly dance, swirl around
the place
I breathe real deep and watch it go,
I breathe real deep and relax just so.

My face feels relaxed, the wrinkles are
smoothed out.
As I watch the pretty butterfly, I calm me
down.
I rest my eyes, my forehead and cheeks,
My mouth, my nose, and even my teeth!
My face is smooth, the wrinkles are gone.
I'm ready to listen and learn, my ears are
turned on.



Flower and Candle

This activity is great for any moment when a child needs to pause and take a deep breath to relax. It is centering and uses imagery to increase his/her ability to focus in the moment.

1. Hold the left hand in a fist. Ask the child to imagine that it is a flower.



2. Hold the right hand in a fist. Ask the child to imagine that it is a candle.



3. Breathe in and pretend to sniff the flower in the left hand.
4. Breathe out and blow out the candle.

Encourage the child to breathe deeply, to really smell the flower. Then tell them to make sure they really, really blow the candle out.

Discussion

- What does your flower look like?
- Could you imagine smelling it?
- When might you use this tool?

The Happy Paint Brush

When we are doing things that we like, we feel a state of joy. This visualization gets kids thinking about the things they like that are linked to feeling joyful and/or happy. This activity can be used any time, but might be helpful when kids are feeling bored, disconnected, or a little distracted.

1. Find a comfortable position. Relax your body.
2. Read the following script with your child or listen to the MP3:



Imagine a blue, blue sky above you. Notice the cool air. Breathe some cool air into your lungs. Pay attention to how the air feels as it touches the back of your throat and inflates your lungs. Looking down, you see a happy paint brush at your feet. It is for painting your happiness. Pick it up. As you swirl it through the air you see wonderful colors flowing behind it. You are painting the sky! Watch the brush as you swirl and twirl it around. Chop the air with it. Splatter paint with it. See what colors flow behind it as you swish it this way and that way. Watch what pictures appear from your painting. Know that you can paint whatever you would like. Think about what your happy paint brush would paint. It is your happy paint brush and it will only paint happy thoughts that you think. When you watch your paintings appear, notice the feelings that come along for the ride. Focus on those feel “good” feelings and know that you can hold onto them and keep them with you as long as you would like, even for the whole day if you choose!

Masters of Energy

Teach your children that they are masters of their own energy and that they have the power to adjust their own energy and to affect change in the energy of their environment.



1. Close your eyes. Put your attention inside your body and see what sort of energy you feel there. Just check in and see what sort of feelings you find there.
2. Discuss
3. Close your eyes. Feel your dinosaur tail. It is heavy and thick and it anchors you into your seat.
4. Discuss how the tail felt.
5. Close your eyes. Plant your feet into the floor. Imagine roots growing out of the center of your feet, going deep, deep down into the floor and the earth beneath.
6. Discuss how your feet feel now that you have planted them.
7. Close your eyes and check in with the energy in the room, feel your body and then put your attention on the energy in the room around you. Take note of any changes from when you started.

You are masters of your own energy. Anytime you are feeling frazzled, disconnected, and pulled in many directions, take a minute to master your energy by going inside and pulling your energy back to you. Then center and ground your energy. If everyone in the room participates, you can change the energy in the room very quickly.

I used this activity as part of a fifth grade girls group. They were amazed to see how it's possible to affect change in the entire environment by checking in with and changing your own energy. I taught them the meaning of grounding and centering and pulling one's energy back into themselves so that they could focus. They described the initial energy as "hyper," "excited," "hungry". After grounding and centering, they described the room as "calm," "solid" and "quiet."

Be sure to remind the child how powerful and awesome it is to be a master of your own energy.