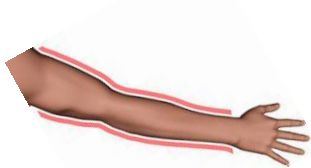


Sleepy Starfish



Go somewhere that is quiet and calm, like your bedroom.

Lie down on your back with your legs and arms apart.

Stay very still and imagine you are a sleepy starfish resting at the bottom of the sea.

Breathe in and as you breathe out, let your arms go floppy.

Breathe in and as you breathe out, let your legs go floppy.

Breathe in and as you breathe out, let your head go floppy.

See how still you can be at the bottom of the sea, resting like a sleepy starfish.

Squeeze and Relax



Take a deep breath in and squeeze all the muscles in you body.



Now, breathe out and relax all the muscles in your body.



Take a deep breath in and squeeze all the muscles in you body.



Now, breathe out and relax all the muscles in your body.

Fizzy Lemonade



Jump up and down or shake your body as fast as you can for as long as possible.



Jump!



Jump!



Jump!

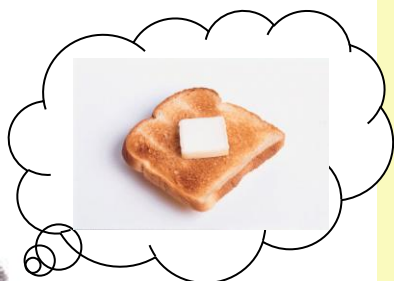
Keep going!

Now, stop and feel your body fizzing like lemonade.

This exercise helps you feel the energy in your body and helps you to notice the difference between moving and relaxing.

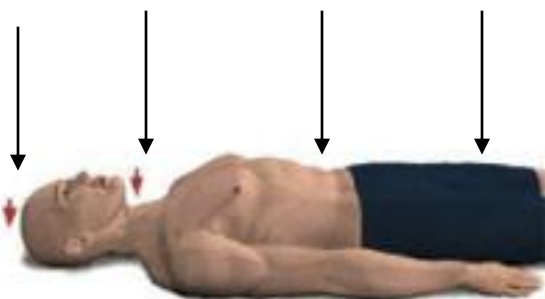


Butter on toast



Lie down on the floor or on your bed.

Imagine you are a piece of butter melting on warm toast.



Feel your body sinking into the floor as the butter melts. Enjoy the feeling as you relax all your muscles. Make all your muscles floppy.



This exercise is good for helping you to focus on relaxing your muscles.

Slow breathing



Go somewhere that is quiet and calm, like your bedroom. Make sure you are sitting or lying down comfortably.

Close your eyes.

Be calm and quiet.



1, 2, 3

Breathe in slowly. 1, 2, 3



1, 2, 3

Breathe out slowly. 1, 2, 3



1, 2, 3

Breathe in slowly. 1, 2, 3



1, 2, 3

Breathe out slowly. 1, 2, 3

The strawberry and the candle



Close your eyes.



Be calm and quiet.



1, 2, 3

Pretend you are smelling a fresh strawberry, breathing in slowly through your nose. 1, 2, 3



1, 2, 3

Pretend you are blowing out a candle, breathing out slowly through your mouth. 1, 2, 3



1, 2, 3

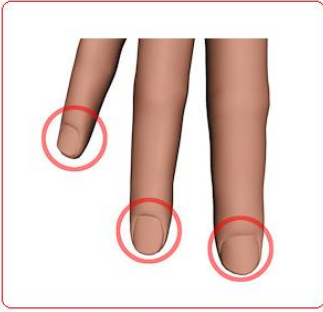
Smell the strawberry. 1, 2, 3



1, 2, 3

Blow out the candle 1, 2, 3

Pitter Patter



Use your finger tips to gently 'pitter patter' (gently tap)



Gently pitter patter over both your arms



Gently pitter patter along your shoulders and on your neck

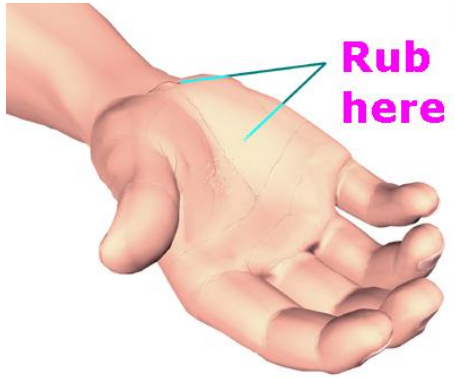


Gently pitter patter on your face and head

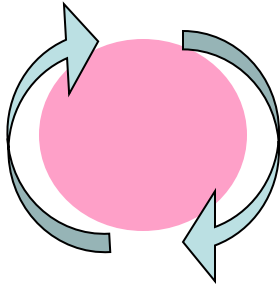


Feel how nice the light soft touches feel.

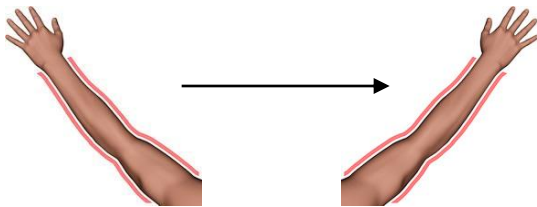
Thumb massage



Give your self a hand massage by rubbing your thumb around your palm.



Draw circle shapes with your thumb.



Then swap hands.

Pencil



Stand up nice and straight. Put both your hands above your head. Your body will look like a pencil.



1, 2, 3

Breath in and stretch up, up, up tall, like a pencil.



1, 2, 3

Breath out and relax



1, 2, 3

Breath in and stretch up, up, up tall, like a pencil.



1, 2, 3

Breath out and relax

The tree in the wind



Stand up nice and straight. Put both your hands above your head. Your body will look like a tall tree.

Breath in and stretch up, up, up tall, like a tree.

Breath out, blowing like the wind.

As you do this sway your arms, like the branches, blowing in the wind

Breath in and stretch up, up, up tall, like a tree.

Breath out, blowing like the wind.

As you do this sway your arms, like the branches, blowing in the wind

