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What is Relaxation

Relaxation helps kids feel calm and focused.

DEFINITION

Relaxation is a way to calm your mind and body. It helps reduce stress and makes you feel better.

KEY CONCEPTS

Deep Breathing

Taking slow, deep breaths can help lower stress and promote calmness.

Visualization

Imagining a peaceful scene can help your mind relax and feel happy.

Progressive Muscle Relaxation

Tensing and then relaxing each muscle group helps release tension in the body.

Mindfulness

Focusing on the present moment helps clear your mind and reduce worries.

Gentle Movement

Activities like yoga or stretching can help relax both your body and mind.

EXAMPLES

- Taking five deep breaths before a test.
- Imagining a sunny beach while lying down.
- Doing a few stretches after school.

MEMORY TIPS

- ★ Remember 'Breathe, Imagine, Relax' to recall relaxation techniques.
- ★ Use the acronym 'DREAM' for Deep breathing, Relaxation, Exercise, Awareness, Mindfulness.
- ★ Visualize a calm place to trigger relaxation feelings.

COMMON MISTAKES

- ✗ Rushing through relaxation techniques instead of taking your time.
- ✗ Trying to relax in a noisy environment.
- ✗ Forgetting to practice relaxation regularly.

QUICK RECAP

Relaxation is important for reducing stress and improving focus. Techniques like deep breathing and visualization can help you feel calm. Remember to practice these methods regularly for the best results.