ONE PAGE SUMMARY

Kids Learning › Mindfulness › Relaxation

What is Relaxation

Relaxation helps kids feel calm and focused.

DEFINITION

Relaxation is the process of calming your mind and body. It helps reduce stress and promotes a sense of peace.

KEY CONCEPTS

Deep Breathing

Taking slow, deep breaths helps lower stress and brings focus.

Visualization

Imagining a peaceful scene can help create feelings of calm.

Mindfulness

Being present in the moment allows you to let go of worries.

Progressive Muscle Relaxation

Tensing and then relaxing different muscle groups helps release tension.

Gentle Movement

Activities like yoga or stretching can promote relaxation and body awareness.

EXAMPLES

→ Taking five deep breaths before a test.

→ Imagining a sunny beach while lying down.

→ Doing a short yoga session after school.

MEMORY TIPS

★ Remember 'Breathe In, Breathe Out' for deep breathing.

★ Use the acronym 'CALM' for Calm, Aware, Let go, Mindful.

★ Visualize a 'happy place' to recall relaxation techniques.

COMMON MISTAKES

✗ Rushing through relaxation exercises.

✗ Trying to relax while distracted by noise.

✗ Forgetting to practice regularly for best results.

QUICK RECAP

Relaxation is essential for reducing stress and enhancing focus. Techniques like deep breathing and visualization can help achieve a calm state. Regular practice is key to making relaxation effective.