**Helping children to relax and self-regulate** Box 17

**Helping children to relax**

* 1. One minute’s quiet before lessons, at the beginning of each day and afternoon
  2. Everyone put their head on the table and relax and stop thinking
  3. Quiet hum / Om
  4. Meditation music
  5. Relax kids CD’s (see p 341 )
  6. Benign guided visualisations with quiet background music
  7. Mindfulness activities (see p. 353)
  8. Peer massage – eg: Pizza on back, rainstorm
  9. Gentle attachment based play (see p. 305) activities with a special adult
  10. Sleeping lions
  11. Imagine
  12. Cuddle teddy and close your eyes
  13. Roll in a blanket
  14. Have a slow drink of water
  15. Use group games to help them develop self
  16. -regulation skills

**Helping children self-regulate**

*Practicing* managing the rise and fall of emotional states enhances self-regulation capacities

* 1. Parachute play carefully held and managed – lift up, bring down to the ground
  2. Musical instruments ‘Conduct’ their playing of the ups and downs of sound level and rhythm
  3. Run and stop games
  4. Dance and melt
  5. Dramatic ups and downs in movement
  6. Rainstorm - acting out the coming and going together
  7. Circle games like Zoom and slow down
  8. A significant adult sitting calmly and attentively near a child enables security.