

MOVE

PLAY

STRETCH

FEEL

BREATHE

BELIEVE

RELAX

creating calm confident kids

Dear Parent/Carer,

Many of our children are feeling worried and anxious about the current situation regarding Coronavirus and the effect it is having upon the way we live our day to day lives.

Relax Kids have kindly created a free CALM PACK full of lovely exercises to help you all feel more relaxed and calm during this unsettling time. This resource is available for free to support you and your family with managing anxieties and worries, which we are all bound to experience, during this strange period of our life.

In my experience, even very young children are able to understand the basics about our brain and its affect on how we feel in our bodies.

Firstly, reassure your child that it is perfectly normal to feel fear. Our brain is an amazing place - in particular the amygdala (the brains 'alarm system') is always on 'high alert' and ready to pick up on any drama or tension around us. That's our brains way of trying to keep us safe. If your child has been in any of my sessions, they will know this part of their brain as the 'Meerkat'. When this part of our brain is active it sends signals down into our body - things like rapid heart rate, butterflies in our tummy, a dry mouth, emotional outbursts like anger and rage, challenging behaviours, crying and feeling very emotional.

We all feel these big emotions and it is perfectly normal to feel this way in challenging times. How we deal with these big emotions is where change can be made, and calm can be restored.

Ways to help your child feel calm

Breathing: Encourage your child to be still and to sit upright. Take in a deep breath in through the nose and slowly exhale out through the mouth. This will help calm their nervous system down.

Grounding Techniques: Encourage your child to tell you: 5 things they can see 4 things they can feel with their hands 3 things they can hear 2 things they can smell 1 thing they can taste either in their mouth (e.g. toothpaste, a taste lingering from a meal or imagine their favourite taste and describing it to you).

These simple tasks take away the 'spotlight' from the Amygdala and ask us to use different parts of our brain instead.

Mindful Moving: Reach, stretch, bend, circle and twist to help release tension in the body.



Try to get outside. Notice the things around you. Ask your child to notice sights, sounds and smells as you walk.

Encourage creativity: Draw, colour, play, craft.

The tips above also work for us adults too.

Here is the link to the free Relax Kids CALM PACK. We hope you find it useful.

www.relaxkids.com/calm-pack

I will also try to run some classes online via Skype or Zoom (once I have figured out how those things work) and post any helpful resources I come across. Please check my facebook page: www.facebook.com/relaxkidsderby for any updates. I am also always available via email: relaxkidsderby@gmail.com and will continue to offer support in any way that I can. Please do stay in touch and most importantly stay safe and healthy.

Kindest regards, Natalie