



Guided visualisation

The below website address is to a guided visualisation. Guided visualisation is a strategy used to calm our minds, bodies and take some time out. This guided visualisation focuses on kindness.

<https://soundcloud.com/user-547419318/random-acts-of-kindness-visualisation-guided-by-margaret>

Grounding activities – Breathing – We looked at breathing in week 1 of our wellbeing, here are some more breathing exercises. When we use deep breathing a message is sent to our brain to tell it to calm down and relax then our brain sends a message to our bodies telling our bodies to relax. Breathing exercises help reduce feelings of physical tension. The key to deep breathing is to breathe deeply from the tummy, getting as much fresh air as possible into your lungs. When you take deep breaths from the tummy, rather than shallow breaths from your upper chest, you inhale more oxygen. The more oxygen you get, the less tense, short of breath, and anxious you feel.

All of the breathing exercises below must be practised when the child is calm, so that the child can use these strategies when they become anxious. Choose the one your child prefers and practise every day. Please see website address below to each of the following breathing techniques.

- feather breathing
- square breathing
- take 5 breathing
- teddy bear breathing
- body scan – encourage child to notice any sensations. Recognising calm and recognising anxiousness
- 54321 using their senses 5 things they can see, 4 they can hear, 3 things they can touch, smell, taste (put something in their mouth)
- Object focus – put something in their hand, they focus only on that item. What colour is it? What texture is it? Turn it around in your hand, do you notice anything unusual about it? Ideally focus for up to 1 minute on the item, but this will take practise.
- Grounding chair – how does your body feel sitting in the chair, can you feel the material? Touch the arms how do they feel? Put your back into the chair, how does that feel?
- Progressive muscle relaxation – comparing relaxed body with a stressed body

https://www.youtube.com/watch?v=2Jk_4D7HKz0&feature=youtu.be