



Enjoy relaxation activities together with your children!

During the process of learning, children's wellbeing and concentration need to be supported by physical and relaxation activities. You and your children will benefit from simple relaxation exercises that support deep breathing and release muscle tension.

A few minutes of physical activity will help children feel relaxed and better able to concentrate on learning. All you need is to find a quiet space away from distractions.

What to do - Flower and Candle

Pretend you have a nice smelling flower in one hand and a slow burning candle in the other.

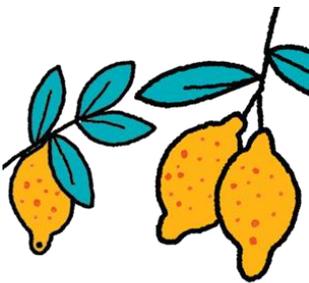


Source: website

www.savethechildren.org.

- Breathe in slowly through your nose as you smell the flower.
- Breathe out slowly through your mouth as you blow out the candle.
- Repeat a few times.

What to do - Lemon



Pretend you have a lemon in your hand.

- Reach up to the tree and pick a lemon with each hand.
- Squeeze the lemons hard to get all the juice out – squeeze, squeeze (...).
- Throw the lemons on the floor and relax your hands.
- Then repeat, until you have enough juice for a glass of lemonade!
- After your last squeeze and throw, shake out your hands to relax!

Some more ideas ...

- If you're trying these exercises with your child/your children, make sure your instructions are clear and engaging. You don't have to do them all. Keep an eye on how long you child is engaged and try again another time.
- You will find more exercises and a range of other ideas and examples on how to support your children's wellbeing on the webpage <https://www.savethechildren.org.uk/what-we-do/coronavirus/resources/learning-at-home/relaxation-exercises-to-do-at-home>
- The UK webpage *Save the children* supports children to learn, grow and to be safe and healthy.