

RELAX YOUR CHILD

The Relax Kids 21 Days To Stay Cool



Relax Kids

We're supporting
NCDUK
2016

In 2016 Relax Kids is excited to be linking with National Children's Day UK as Event Partners. Relax Kids are dedicated to helping children manage stress, anxiety and emotions whilst helping them build self-esteem, confidence and resilience. Relax Kids classes follow a unique seven step system that help children manage their energy and relax whilst becoming more aware and mindful. Sessions are supported by a range of quality relaxation and mindfulness books and CDs. To support NCDUK Relax Kids coaches across the UK are running classes, workshops and family days to celebrate and people can search for something happening near them.

For more information and to get involved visit

www.nationalchildrensdruk.com/2016-activities-and-events.html

Relax your Child in 21 Days



There are lots of Relax Kids products available online. Just search 'Relax Kids' or visit www.relaxkids.com

Dont worry, be happy: The Relax Kids 21 Day Plan

This programme has been designed to help you improve your child's anger, general behaviour, concentration, confidence and sleep by using daily relaxation. It is said that it takes 21 days to change a habit or behaviour.

This programme has been designed to be easy, enjoyable and relaxing for all the family. In fact, the more you can relax together, the more your child will enjoy it and find it natural and organic. Each set of daily tasks are simple and can be completed in a couple of minutes. When the household is calm and happy, the kids are too!

Each day comprises of an exercise, an affirmation and my "tip of the day". The exercises give the children a focus, this might be a visualisation, a stretch or a breathing exercise. The affirmations help them develop their self awareness, confidence and positive outlook and my "tip of the day" can help you maintain a relaxing atmosphere at home. Each week there is an activity for Family Chill Night where the whole family can get together and relax.

I hope you enjoy the programme. Please do let me know how you and your family feel after 21 days. I would love to hear your feedback and answer any questions you may have. You can email me personally at marneta@relaxkids.com

To order relaxation books and CDs to enhance this programme, visit www.relaxkids.com/shop

Please note: Relaxation exercises can be practised with children of all ages. This programme is most suitable for children aged 5-9 although children of all ages can enjoy it.

Lets get relaxing!

It's the first day! See how you get on with these relaxing activities.

Exercise

Melting Butter - Imagine you are a tiny piece of butter lying on warm toast. Imagine that the floor is warm like toast and you are slowly melting into the toast. Feel your whole body becoming soft and gooey as you melt and relax into the warm toast. How long can you lie there for, feeling relaxed and calm?

Positive Affirmation

'Today I will be calm like a lake' - Repeat these to yourself to keep yourself chilled out today.

Marneta's Tip of the Day

Look into reducing sugar and additives in your family's foods as a healthy diet can improve behaviour and concentration significantly.

Keep it up!



Exercise

Feather in the Wind - Imagine you are a feather floating in the wind. Feel yourself becoming so light that you can feel the wind carrying you along. You enjoy feeling light and free. Imagine yourself floating further and further into the air, feeling totally supported by the wind.

Positive Affirmation

'Today I will be free like wind' - Repeat this to yourself to allow yourself to be creative today!

Marneta's Tip of the Day

Make up a relaxation box so your child can go to it when they feel stressed. Include a stress ball, a cuddly toy to stroke, a Relax Kids CD, playdough etc

Day 3

It's day three...

You're doing fantastically!

Exercise

Magic Dust - Sit comfortably and take in a deep breath. As you breathe in, feel as if you are breathing in magic fairy dust. Now, gently blow out the fairy dust into the air and imagine the room is being filled with fairy dust.

Positive Affirmation

'Today I will breathe like the tide' - This is a great affirmation to keep your breathing steady when you feel panicked or stressed.

Marneta's Tip of the Day

Ensure your child is getting their 5 a day to keep their body and mind healthy. Nutritious food also helps emotional and behavioural management.



It's day four...

Do you want some more!?

Exercise

Deep Breaths - Close your eyes and sit comfortably with your back straight. As you sit there, spend some time observing your breathing. Feel the in-breath and watch what happens when you breathe back out. As you sit there, try to make the breaths longer. Take in a longer in-breath and then breathe out slowly and gently. As you breathe out, feel as if all your worries and problems are blowing away, leaving you feel relaxed and calm. Repeat this a couple more times.

Positive Affirmation

'Today I will be calm like a lake' - This is a great affirmation to help you feel cool and calm.

Marneta's Tip of the Day

Set up a relaxation corner in your living room or child's bedroom. Having a designated place for your child to relax will make the relaxation habit easier.

Day 4

Day 5

Wow! Well done!

Exercise

Glass Boat - Lie down on your tummy and just relax. Imagine you are lying on a boat and you can feel the warmth of the sun on your back. The boat has a glass floor and you can see through to the water. As you lie there, spend sometime, enjoying watching the movement of the fish and sea creatures below you. Enjoy feeling relaxed as the boat gently sways from side to side.

Positive Affirmation

'Today I will breathe like the tide' - This is a great affirmation to help you feel peaceful.

Marneta's Tip of the Day

Talk to your child about anything they might feel stressed or anxious about. Help them break down tasks into mini-goals that are manageable. This will help them feel more relaxed and less overwhelmed.

Great work!

Relaxing is easy!

Exercise

Sunshine - Lie down and imagine your body is soaking up the sunshine. Feel yourself surrounded by golden sunshine. As the sun warms your body, feel yourself becoming energised and happy.

Positive Affirmation

'Today I will shine like the sun' - This is a great affirmation to help you remember how brilliant you are.

Marneta's Tip of the Day

Take a walk or go to the park after school. Let children run around and let off steam before coming home and relaxing on the sofa.

Day 6

Day 7

Congratulations!

That's 1/3 done! We've included a few extra exercises for today!

Exercise

Palming - Rub your hands together to let them warm up for about 15 seconds. Make a cup with your hands and place them over your eyes being careful not to press your eyes with your hands. Hold this position for 30 seconds to 2 mins. You might like to rest your elbows on the table if your arms are aching. The more relaxed you become, the blacker the darkness you will see with your closed eyes. This exercise brings rest and relaxation to your eyes.

Positive Affirmation

'Today I will be content like a cat' - This is a great affirmation to help you notice how many good things there are in your life and realise how lucky you are.

Marneta's Tip of the Day

Laugh! Simply make sure you spend sometime laughing together. It is a great way to relax.



Weekly Family Chill Night

Take some time out and relax together on the sofa or cushions. Enjoy a massage, some stretches and listen to your Relax Kids CD. Try the Treasure Board activity below as a way of communicating and relaxing at the same time.

Treasure Board

Make a big collage of lots of colourful and positive words and images. Find a pile of magazines and newspapers and cut out all the positive words. Get a large piece of paper or card and make a display of all these positive words and images. Children will enjoy cutting out positive images and words from magazines to create a wonderful display of positivity. They can make individual pictures or you may like to create a family picture.

Day 8

You're doing Gr8!

You can do anything if you try hard enough!

Exercise

Pebble - Imagine you are holding a smooth pebble in each hand. Feel it, become aware of it and feel the coolness and peace spreading through your body.

Positive Affirmation

'Today I will be strong like stone' - This is a great affirmation to help you feel strong, centred and focussed.

Marneta's Tip of the Day

Play some relaxing music after school to create a feeling of calm before turning on the TV.

Keep Smiling!

It's time for day 9!

Exercise

Mirror - Close your eyes and imagine you are looking into a mirror. Imagine in the mirror is an even better you. See yourself happy and smiling. See yourself full of happiness and looking amazing. Take a step towards the mirror and now imagine that you are the wonderful person in the mirror. Feel yourself tingle inside as you realise how amazing you are. Now squeeze your thumb and first finger together as you think about how amazing you feel. When you are ready step back again and open your eyes. Whenever you are feeling down and want to remind yourself how special you are, you just have to squeeze your thumb and first finger together.

Positive Affirmation

'Today I will be honest like a mirror' - This is a great affirmation to help you remember to tell the truth and be honest.

Marneta's Tip of the Day

Spend time praising your child and reminding them what they are good at and what you are proud of.

Day 10

You can do it!

Exercise

Squeeze and Relax - Lie down and take in a deep breath, and as you breathe in, squeeze all the muscles in your body. Now breathe out and relax all the muscles in your body. Repeat this exercise one more time.

Positive Affirmation

'Today I will be happy like a bumblebee' - This is a great affirmation to help you feel positive and cheerful.

Marneta's Tip of the Day

Ensure your child is hydrated with plenty of water to keep their brains working in optimum condition. This will allow them to focus and improve behaviour.

Fantastic!

You're over half way there! What an achievement!

Exercise

Bubbles - Imagine you are blowing bubbles of peace or happiness or love into the room. Take in a breath and imagine you have a pot of bubble liquid. Slowly and gently blow bubbles into the room. As you blow out the bubbles, imagine they are filled with peace and the whole room is filling up with peace.

Positive Affirmation

'Today I will be determined like a rocket' - This is a great affirmation to help you stay focussed.

Marneta's Tip of the Day

Spend sometime with your child clearing out their bedroom and making it a relaxing place to be in.

Day 12

Feel the difference!

Exercise

Chest Taps - Imagine your body is a computer and you are reprogramming your computer. Tap your chest as you repeat, 'I am calm, I am peaceful, I am quiet, I am relaxed' . Now stay as still as you can.

Positive Affirmation

'Today I will be confident like a giant' - This is a great affirmation to help you feel positive and confident no matter what is going on.

Marneta's Tip of the Day

Play some relaxing or classical music instead of the news in the morning. Listening to classical or nature sounds is a very traditional way of chilling out.

Don't give up now!

you are doing so well!

Exercise

Shining Shells - Sit on the floor with your spine straight, legs out in front of you and your arms in the air. Imagine you are an oyster shell on the beach. Take in a deep breath and, as you breathe out, bend forward from the waist and try to touch your toes. If you can't reach your toes comfortably, just touch your legs or ankles. Can you close the oyster shell tight? If not, that's OK: just keep breathing and stretching. Breathe in and, as you breathe out, stretch a little further. Do this three more times, until you are ready to open the oyster shell and lift your arms up again.

Positive Affirmation

'Today I will be private like a box' - This is a great affirmation to help you remember to stay still and quiet and silent.

Marneta's Tip of the Day

Add a couple of drops of lavender oil to a spray bottle of water or burn lavender in an oil burner to help keep the family calm and relaxed.

Day 14

Stay calm...

stay focussed! Enjoy our bonus exercises to keep you motivated!

Exercise

Butterfly breaths -Imagine there is a butterfly on end of your nose. You feel the butterfly as your breathe in and out. Now it is on your chest as you breath in and out and now on your stomach. Take in a deep breath into your stomach and watch the butterfly rise and fall with your stomach.

Positive Affirmation

'Today I will be gentle like a bumblebee' - This is a great affirmation to help you remember to stay gentle and kind to others.

Marneta's Tip of the Day

Resist having the TV or radio on as background sound as this does not help create a relaxing atmosphere.



Weekly Family Chill Night

Take out some time and relax together on the sofa or cushions. Enjoy a massage, some stretches and listen to your Relax Kids CD. You may like to try out this family activity.

My 5 Achievements

This exercise is great for helping your child develop their self esteem as they start to acknowledge even the small things that they have achieved. At the end of each day before bed, ask children to write a list of 5 great things they did that day. They might like to put these in a book or keep them on the same paper. These can be simple things from listening at school, eating everything on their plate, smiling at someone or being a good friend.

Day 15

You're nearly there!

Exercise

Quiet Listening - Close your eyes and stay as still as possible. Spend some time listening to all the sounds inside the room. Stay very still and quiet and listen to all sounds outside the room. The more still and quiet you are, the more you will be aware of the sounds around you.

Positive Affirmation

'Today I will be quiet like a mouse' - This is a great affirmation to help you stay quiet and listen to what is going on around you.

Marneta's Tip of the Day

As the evening progresses, lower the lights to help prepare you child for bed.

You look so relaxed!



Exercise

Resting rocks - Sit down in a kneeling position, with your hands placed firmly on your knees. Keep your back and arms as straight as you can. Imagine you are a rock standing totally still in the sea. Feel the cool sea water swirling around the bottom part of you. It feels so cool and refreshing. Take in a deep breath of fresh sea air and breathe out. Each time you breathe in and out, feel your whole body becoming calm and still.

Positive Affirmation

'Today I will be positive like a peacock' - This is a great affirmation to help you feel cheerful.

Marneta's Tip of the Day

Make sure your child is getting more than their quota of hugs and cuddles. This is a great way for them to feel good about themselves as well as feel relaxed.

Day 17

Brilliant!

Exercise

Green Breaths - Lie down on the floor or bed and put your hand on your tummy. Breathe in and out gently and feel your tummy rising and falling. Now, as you breathe in, imagine you are breathing green light. It feels very calming and peaceful. Now breathe the green light out into the room. Fill the whole room with soft green light. Breathe in, breathe out, breathe in, breathe out.

Positive Affirmation

'Today I will be beautiful like a rose' - This is a great affirmation to help you remember all the special qualities you have.

Marneta's Tip of the Day

Remind your child to look in the mirror each day and say to themselves 'I love you and I like you and you are amazing'. Although difficult to start with, it is a great self esteem builder.

You're a professional!

Have you done this before!?

Exercise

Tummy Breathing - Sit or lie down and put your hand on your tummy. Feel your tummy rising and falling as you breathe deeply. Continue breathing and feeling calm and relaxed and focussed.

Positive Affirmation

'Today I will be courageous like a lion' - This is a great affirmation to help you stay strong and brave.

Marneta's Tip of the Day

Give your child's feet or hands a good rub - this is great for a bedtime treat.

Day 18

Wow, what a smile!

You certainly have done well!

Exercise

Smiling Heart - Close your eyes and take a deep breath in through your nose, slowly, and out through your mouth. Put your hand on your chest and spend a few moments feeling calm and relaxed. Now, Imagine that you have a smile in your heart. Watch how you start to have loving feelings. Can you send that smile up to your face? Let your mouth smile gently. Breathe in and out and rest there for a few moments. Now open your eyes and see how different you feel.

Positive Affirmation

'Today I will be loving like a dolphin' - This is a great affirmation to help you feel love towards your family and friends.

Marneta's Tip of the Day

Limit the amount of time spent playing computer games - especially before bedtime as it can keep children's brains active when they should be resting.

1 more day to go...

... and then you are a relaxing expert!

Exercise

Colour Breathing - Take in a breath and, as you breathe in, imagine you are breathing in the colour pink for love. Feel this colour touching all the parts of your body inside. Send it around your whole body. Now, as you breathe out, see if you can imagine breathing the colour into the room. Fill the room with the colour pink.

Positive Affirmation

'Today I will work hard like an ant' - This is a great affirmation to help you stay focussed and determined.

Marneta's Tip of the Day

Think about how you manage your stress so you can set a good example to your child.

Day 20

Congratulations!

You did it! It's official, you are now well and truly relaxed!

Exercise

Close your eyes, be very still and imagine you are lying down on the grass at night. The grass is soft and warm and you can smell the fresh smell of earth. If you lie there very still, you can hear the blades of grass rustling slightly. It is a warm summer night and the sky is completely black. As you lie there, you can see shimmering sparks in the sky.

These stars make interesting patterns in the velvet black sky. Spend some time looking at the glittering patterns. There is one star that catches your eye. It is the biggest star and it shines like a sparkling diamond. As you look at it, you can see all the colours of the rainbow in the star. This is the most beautiful star you have ever seen – it is gleaming in the dark sky. The star appears to get bigger and bigger. It is getting brighter and brighter. This is the wishing star. You can wish for anything you like. Spend a few moments thinking about what you would like to wish for and, when you are ready, whisper your secret wish to the star. It is as if the star has heard your wish and is smiling. You feel happy and content that the wishing star has heard your secret wish, and you hope that one day your wish will be fulfilled. Be very quiet – try not to move a muscle – and think about how you would feel inside if your wish were granted. Stay there for as long as you like.

Positive Affirmation

'Today I will float like a cloud' - This is a great affirmation to help you feel relaxed and calm.

Weekly Family Chill Night

Take some time out to relax together on the sofa or cushions. Enjoy a massage, some stretches and listen to your Relax Kids CD. You may like to try out the activity "Calm Picture" together.

Calm Picture

Write the word CALM as large as possible and let your child colour in the word. They can add pictures of things that help them feel calm. Let them use calming colours - anything to create an image of calm. Tell children to stare at the picture and see how calm they can feel. Then ask them to close their eyes and make the picture very small - like a postage stamp. Tell children they can keep this little picture anywhere they like in their body - heart, head, finger. Whenever they are feeling stressed and anxious, they can look at their calm picture and feel calm.

Marneta's Tip of the Day

Encourage your child to make a list of all the little things in life that they are grateful and thankful for. They could make a gratitude list. You may want to make a plan of how you can keep up the good work that you have achieved.

If you are still reading this and have completed all the exercises, you must have noticed a change in your child's behaviour. I would love to know how you got on. Please email marneta@relaxkids.com with your news even if it is brief.



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