

Calm Me - calming and/or visualisation activities

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/sit there for, feeling relaxed and calm?

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.

Glass Boat

Lie down on your stomach and just relax. (Children can sit at their desk). 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.

Sunshine

Lie down or sit at your desk 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.

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.

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.

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.

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.

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.

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 any sounds outside the room. The more still and quiet you are, the more you will be aware of the sounds around you.

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.

Stars

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.

Calm Picture

Write the word CALM as large as possible on an A4 sheet and photocopy one for each child. Let children 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.

Still Life

Ask pupils to choose an object that is in the room - a water bottle or key or pen and look at it for 3-5 minutes. They have to look at it as if they have never seen it before. Look at how the light catches it and notice how it feels and how heavy it is. Get them to share their experiences after the time is up. This is an excellent exercise to cultivate awareness and mindfulness.

Awareness Exercise

Ask pupils to close their eyes and pay attention to their breathing. Ask them to be aware of their bodies and sensations of feeling warm and cool, tense or relaxed. Ask them to listen to the sounds in the room and just be aware of them without judging or commenting inside. Allow them to listen to the sounds outside the room. Ask them to be aware of everyone else in the room. Ring a bell (or similar) to finish the exercise.

Counting

Ask pupils to close their eyes and stay as still as possible while counting up to 20 slowly and silently. On each count, ask them to feel themselves becoming more and more still, quiet and relaxed. As they count, ask them to feel themselves become more and more aware of their body and breathing. Ask them to feel their mind becoming still and quiet.

Relaxation script - managing worries

“Close your eyes and become as still as possible. Become aware of your breathing. Feel the softness of your breath going in and coming out again. Spend a few moments listening to the sound of your breathing. With each breath, feel yourself becoming more and more relaxed. Breathe in, breathe out breathe in breathe out. Now, become aware of your shoulders. How do they feel? Are they tense or relaxed? Have a think about what could be making your shoulders tense? Are you worried about something? Are you feeling stressed? Are you tense? How do your shoulders feel? Are they tense and feel as if they are near your ears or are they soft and relaxed. For a few moments, see if you can let your worries disappear and just relax. See if you can let your shoulders go and feel all the muscles around your neck and shoulders relaxing. Now become aware of your stomach. How does it feel? Is it tense and knotted or soft and relaxed? Have a think about what could be making your stomach so tense? Are you feeling nervous or anxious about something? For a few moments let your nervous feelings go and see if you can relax your stomach. Relax, relax, relax and let go completely.”