



The Calm Zone (Childline)

Childline has some amazing online resources to support children's mental health. The activities can be adapted to support the whole family.

<https://www.childline.org.uk/toolbox/calm-zone/>

We have outlined some of the activities here for those of you who may not be able to access things online.

Breathing exercises

Taking slow, deep breaths can help you feel calmer and more relaxed. Try to take deep breaths where you can feel your chest rising. When you breathe out it might feel like you're slowly letting the air out of a balloon. You can close your eyes, look at something in the distance or not focus on anything at all.

Breathe and Sigh

Breathe in through your nose

Make a big sigh and drop your shoulders downwards as you breathe out through your mouth

Repeat 4 times

Calming Words

Breathe in while you say to yourself "I feel calm"

Breathe out while you say to yourself "I let go of stress"

Breathe in while you say to yourself "Feel calm"

Breathe out and say to yourself "Let go of stress"

Expressing yourself

Drawing and writing can help you think about your feelings or anything that's worrying you or making you feel anxious. Doing something creative can help you to feel calmer and distract you from problems. And you don't have to be "good" at art to be creative.

Expressing yourself is for you.

You can try as many of these activities as you like. Or find a favourite that you can go to any time you need to.

Stress and Anxiety

We hold tension in our bodies when we're under pressure, feeling stressed or feeling anxious. Draw the outline of a gingerbread person and add where you feel stress and anxiety in your body - that might be butterflies in your tummy, your legs feeling weak or your heart beating fast. Draw how it feels in each part of your body and use colours or numbers to show where you feel the strongest sensations. Let go of any tension by unclenching your hands, dropping your shoulders, stretching, doing yoga or dancing and draw or write any changes on your picture.

Helping Hand

Draw the outline of your hand on paper. Follow the outline with your finger to trace the shape as you take a slow, deep breath. Start at the thumb, move to your other fingers and end with your little finger as you breathe in. Trace back from the little finger to the thumb as you breathe out. If you can't make it all the way around, you can start with tracing around the thumb and the first finger while you breathe in and around the first finger and back around the thumb as you breathe out. You can colour in the hand after.

Crystal Ball

Imagine 3 months from now. Draw or write what could look different, what challenges you will have faced and what positive changes you want to make. Try to focus on things that seem possible to achieve like feeling more confident about letting a worry go, starting a new hobby or making a new friend. If it's hard to think that far ahead, you could start by imagining next week or next month.

Mirror

Draw yourself as your closest friend or a close family member would describe you. Remember, they can see who you are as a person as well as what you look like. Draw or write the positive qualities they notice about you, especially the ones that you find hard to see yourself. Include things like being kind, patient and fun.

Yoga

Lots of people use yoga to feel calm. It can help you relax, gently build your fitness and keep you active. Remember to take breaks when you need to and only try poses you're comfortable with.

GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



Games

Games and puzzles are a great way to distract yourself, lift your mood or settle your mind. When you need to feel calm, playing games that help you work through your feelings or give you a different focus can be really helpful.

Build your Happy Place

Create your ideal room. Fill it with things that help you feel happy, calm and safe. Pictures, smells, blankets, favourite teddy/toy, books, etc.

Balloon

Blow up a balloon, slowly. Try to keep the balloon from touching the ground. Gently tipping it from one person to another.

Aeroplane

Write your worries on a paper aeroplane and watch your worries fly away.

Wall of Expression

Using a brick wall template, draw, write, add stickers to 'graffiti' and express your feelings.

The Power of Music

We have access to so many songs and artists that a playlist could last for hours and hours. Create a playlist with all your favourite tunes. Find somewhere comfortable, lay back and enjoy the music, use headphones to really engage with just the music and keep background noise out.

