

Tuesday 14<sup>th</sup> July

I can identify feelings and how to manage them.

How do you normally relax?

Where do you normally relax?

Discuss with an adult.

What makes these children calm?

Why do you think these children are relaxing?



relax Kids  
**20 ways  
to RELAX**

Have you ever felt anxious?

Have you ever felt angry?

Have you ever felt upset?

How have you dealt with it?

Discuss with an adult.

Practise relaxing using this video.

[https://www.youtube.com/watch?v=V1-0JJw\\_IQ](https://www.youtube.com/watch?v=V1-0JJw_IQ)

Was it relaxing?

How did it make you feel?

Question to ponder.

Should we make time for relaxation like we do for cleaning our teeth or washing our hands?