

Top Ten Relaxation Techniques for Children

Introduction

There are many techniques children can use to reduce their stress and relax. Try teaching your child one or two of the following techniques to help them relax during times of stress.



Deep Breathing

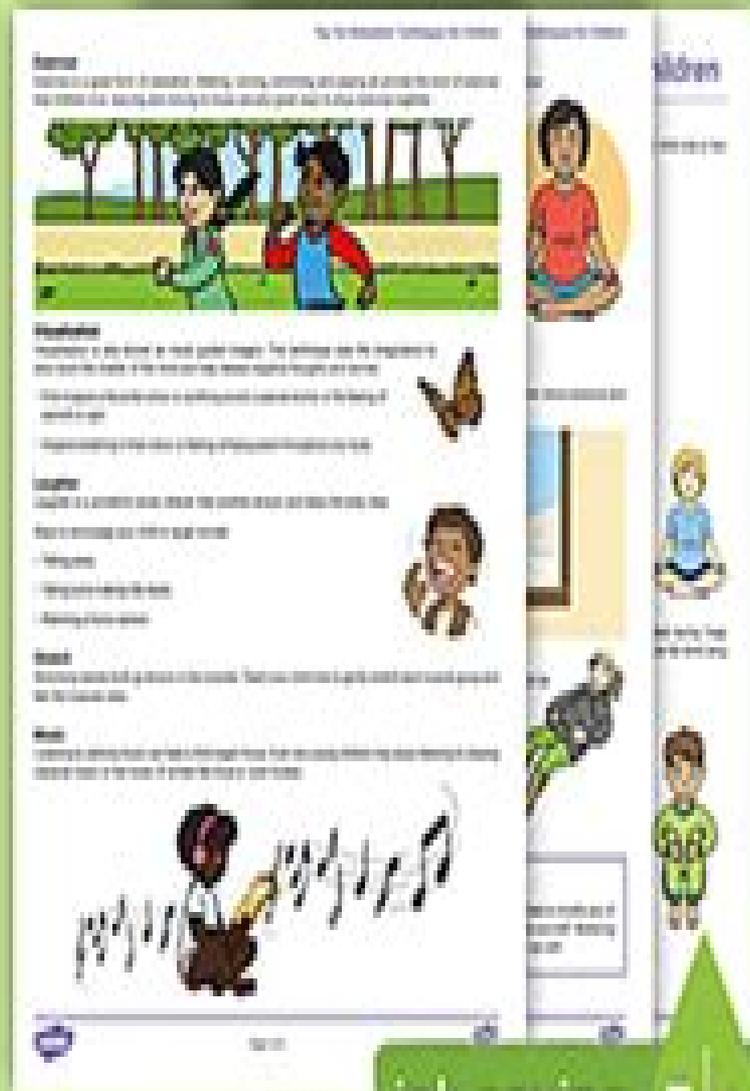
Deep breathing is an effective way of slowing down the body's natural response to stress. It slows down the heart rate, lowers blood pressure and provides a feeling of being in control by bringing you into the present.

- Simply breathe in deeply through the nose.
- Hold the breath for a moment.
- Release it slowly through the mouth.



Progressive Muscle Relaxation

Progressive muscle relaxation offers a wonderful way to relieve stress and is often practiced during Yoga relaxation. This is done by tensing and then relaxing different muscle groups in your body. It can be done lying down on your back, or standing.



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