

Relaxation One-Minute Interventions

"Spaghetti Arms" (Ages 3-5)

Directions: Ask the child to get comfortable in his seat. Then ask them to squeeze their fists as tight as they can while you count to three. 1-2-3. then have them release their fists and relax their arms. 1-2-3. Repeat this a few times. Then on the final time tell the child, 'This time when you release your fists we are going to count to 10! I want you to relax your arms so much that they feel as loose and relaxed as spaghetti noodles!'

Reframing: There are lots of different ways to get relaxed, to calm down. One way is to notice how tight your arms feel when they are stressed or really mad and then to let them hang loose like we did here today. So, the next time our muscles start to feel tight, concentrate on how you can make them feel really loose again, as loose as spaghetti noodles!

"Guided Imagery-Swimming in a Lake" (Ages 6-12)

Directions: Imagine lying in very shallow water by the side of a lake. Imagine that the sand is very warm and very soft. Imagine that the water is very warm as it flows over your body. Picture a bright blue sky with puffy white clouds and hear the sound of very gentle waves as they move past your ears. The waves come up as you breathe in and flow out as you exhale. When child goes Home/to school and becomes anxious or stressed, have them to begin "breathing with the waves, in and out as the waves flow over your body."

"De-stressing Script" (Ages 13-18)

Framing: I want us to do an activity to help you feel calm and relaxed.

Directions: Have the adolescent get comfortable in their chair and begin. Close your eyes. If you feel uncomfortable closing your eyes, just focus on a spot on the wall. Get comfortable in your chair. In just a minute, we are going to take 3 deep breaths. For each breath, you will breathe in through nose and out through your mouth. I will count as you do this. Now, take the first deep breath (In 1-2-3 Out 1-2-3), Now take the second breath (In 1-2-3 Out 1-2-3). Now the third and last breath (In 1-2-3 Out 1-2-3).