

KOMM MIT IN DAS GESUNDE BOOT

RELAXATION EXERCISES FOR CHILDREN (AND PARENTS)



Relaxation is important for both children and adults. Children who have learnt to be mindful and who can consciously relax are healthier, happier, more creative, and more productive.

Apart from having a place to retreat, children need specific relaxation exercises and games. Doing these with the whole family is a nice way to do it.



Ideas for relaxing moments

Silence

One parent produces a sound (e.g. a gong). Until the next tone (about 1 minute later), everyone tries to be very quiet and listen to what sounds they hear now. Perhaps the sound of their own breathing or birds chirping outside the window catches their attention. The sounds they all heard are discussed together.

Car Massage

The child is allowed to choose different toy cars. A parent or a sibling now carefully runs the individual toy cars over the child's back. Then they change places.

Fantasy stories – Underwater World

"We will now imagine a story together. Close your eyes and relax. Now you are a fish swimming in warm water. You take a deep breath and dive deep down. You see other fish, big fish, small fish, many fish in many different colours. Everything looks particularly beautiful under water. Besides the fish, you also see water snails and turtles. You calmly observe all the animals. At some point you swim on. Your body flows easily through the warm, shimmering blue water. You are breathing calmly and relaxed. You swim to a very special place, where you can see all the way to the bottom. In this special place there are many colourful stones on the ground. You can see green stones, yellow stones, pink stones, purple stones, and blue stones. They glow and shimmer in countless colours. Look around to see what else you can spot. You look around and enjoy how wonderful everything looks here. After some time you swim back to the surface. Take a deep breath and slowly open your eyes."