

Special Place Relaxation

for younger children

A relaxation exercise that teaches children how to relax their minds and bodies by imagining a beautiful, calm and relaxing special place.

Get Ready!

Resources

Audio Track # 3
Special Place Relaxation Worksheet
Building Block – Pleasant Park + Audio Track 19
Building Block – Special Place + Audio Track 20
Building Block – Special Place: SENSE - ational!

Teaching Point

The more you learn to relax, the happier and less stressed you will be. A great way to relax is to think of your own Special Place, a place that is very beautiful and very relaxing.

Other Ideas

- ▶ Remind children, especially children who have trouble creating a Special Place, to continue to look for special places wherever they go. They'll know it's a Special Place if it helps them to feel calm and relaxed. Then, they can remember these images and put them in their own Special Place.

Get Going!

Activity

- ✓ Listen to the audio.
- ✓ Ask children to draw or paint their Special Place. For younger children, write their description of the place on their drawing.
- ✓ Show and share by giving each child the opportunity to show their drawing or share something about their Special Place.

Wrap-up

Did you feel relaxed or tense in your Special Place?

When would it be good to go to your Special Place? (probe for positive opportunities)

Homework

Practice Special Place Relaxation any time you are worried or stressed or just because you want to enjoy a little relaxation.

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Special Place

Relaxation

Worksheet

Draw or write about your own special place.



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Building Block: Activities for Younger Children

Body Awareness, Relaxation and Stress Management Activities

Pleasant Park

Get Ready!

Audio Track # 19

Get Set!

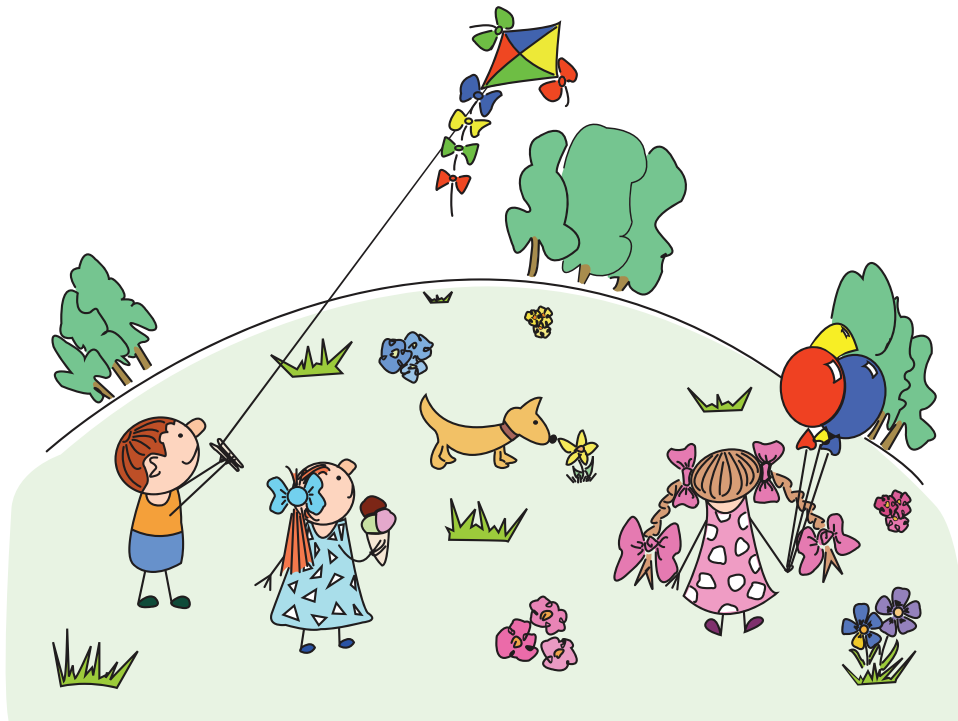
- A relaxation exercise that guides children through a peaceful park scene, encouraging them to feel calm and relaxed.

Get Going!

- Children should lie down or sit comfortably so they are not touching each other and listen to the story. They can hold a blanket, soft toy, feather or other small item.
- For children that find it difficult to sit and listen to the story, they may draw a picture of the park or another place that is special to them while listening.
- It may be useful to have pictures of a variety of relaxing and familiar places for the children to look at.

Get Talking!

Ask children about the story. How did you feel listening to the story? Do you feel relaxed, like soft spaghetti? Did you enjoy visiting the Pleasant Park? Can you think of other places you could visit in your mind that make you feel happy and calm?



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Building Block: Activities for Younger Children

Body Awareness, Relaxation and Stress Management Activities

Special Place

Get Ready!

Audio Track # 20
Special Place Relaxation Worksheet

Get Set!

A relaxation exercise that teaches children how to relax their minds and bodies by imagining a calm and peaceful place.

Get Going!

- ▶ If children have trouble thinking of a Special Place the leader can help them by asking questions. Where do you like to go? What is nice about this place? How do you feel there?
- ▶ A Special Place can be their bed, a swing in the park, a comfortable place to sit at home or daycare, spending time with or getting a hug from a favorite person. It may be helpful to have photos of favorite places, friends or family members for children to look at.
- ▶ Children may be encouraged to draw a picture of their Special Place before or after the audio activity using the Special Place Relaxation Worksheet.
- ▶ Remind children about the Special Place idea when you are somewhere pleasant with them – the park, visiting someone, on a trip, walking outside. Do you think this could be a Special Place?
- ▶ For very young children it may be necessary to create a Special Place. For example, a quiet spot in the room with a soft blanket, favorite toys and dim lighting.

Get Talking!

Ask children about the story. What was your Special Place like? Can you tell me (the group) about your Special Place? What did you hear? What did you see? How did you feel?



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Building Block: Activities for Younger Children

Body Awareness, Relaxation and Stress Management Activities

Special Place:

SENSE - ational!



Get Ready!

A Feeling Box

Get Set!

► Children explore their five senses through activities and conversations.

Get Going!

► Stimulate discussion and exploration using a “Feeling Box”. This can be a shoebox with a variety of textures in it. The children can take turns reaching in and feeling something. They can tell the class and teacher how it feels and what it feels like. The teacher can stimulate discussion by asking questions such as, What did you feel in the box? Have you ever felt something like this before? What kinds of things feel like this? Remember to put in a variety of samples to activate each of the senses; i.e. different textures, different smells and objects that make fun sounds.

► Sensory activities can be done outside to provide a wider range of items to discover.

► Describe your favorite smell or your favorite thing to touch. Help children make a connection between their favorite things and being able to have a picture in their mind of their favorite place where some of these things are found.

Get Talking!

► Ask children questions about their favorite things. Is there a place where you smell your favorite smell? Where do you see your favorite sight?

► Where do you taste your favorite taste? Hear your favorite sound? Touch your favorite thing?



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