



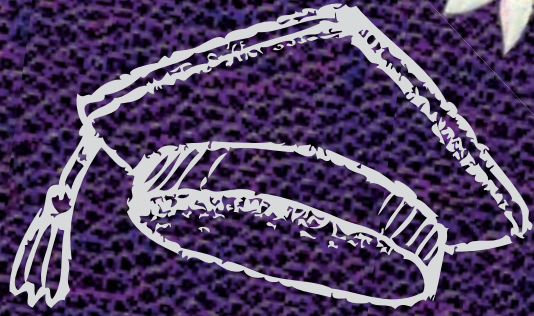
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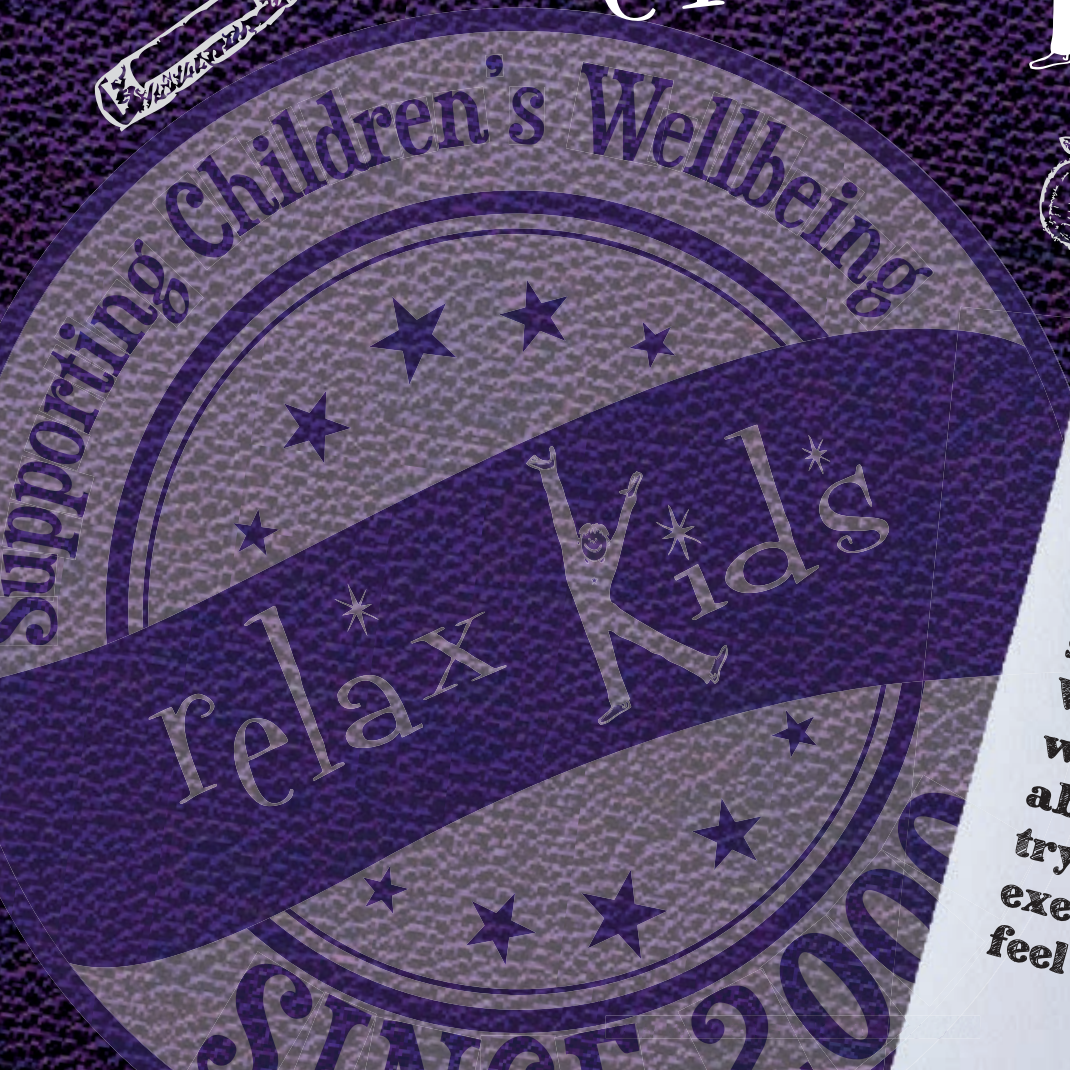
BACK TO



CALM

with

relax kids



Tools to help you stay
safe and secure
When you feel
worried or anxious
about going to school,
try some of these
exercises to help you
feel better.

Be a Protector ♥ of Calm

Encourage your child to be a Protector of Calm and help keep the calm around them to help and support others.

Be a Protector of Calm yourself to and model calm behaviour as much as you can as your children will pick up on your jangled nervous system. Try to manage your energy by listening to soothing music and focussing on your breathing.

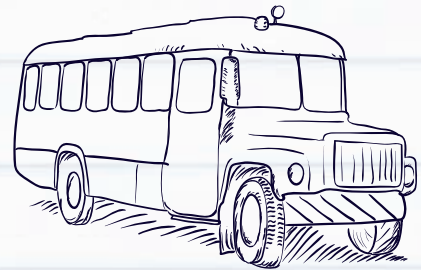
How to be a Protector of Calm

- Take pauses regularly
- Breathe deeply
- Focus on the positive
- Be grateful
- Do a kind deed

Back to School With Ease

MORNING

This is often one of the most stressful times in the day.



Introducing just 2 mins relaxation, it will help set your child on the right track, for a relaxed and positive day.

- Waking - Can they lie very still and think about all the wonderful things they want to do that day?
- Morning Relax - You might like to combine a short cuddle and relaxation session.
- Stretch - Stretching up and back will help clear away any cobwebs from their sleep and give them an energy boost
- Shower Power - As children take a shower, ask them to imagine the water is washing away all their stress and anxiety.
- Breathe - Take in a deep breath into the tummy and breathe out slowly. This is a simple exercise and can be done on the way to school, in the car or walking.
- Mindful walking - If you walk to school, try some mindful walking. Ask your child to notice everything as they walk. Notice the sights and sounds.



AFTER SCHOOL

- Stretch - Bending forward (sitting on the floor or standing) helps aid relaxation. Try this for a few moments.
- Chat - Ask children how their day went. Talk about their stresses and worries. They could put their worries in a worry box or write or draw to get their anxiety out.
- Time Out - Take some Time Out - not as a punishment but to take a brain break after school. Let them relax on the sofa and listen to some music or enjoy a shoulder or hand rub.
- Bedtime
Finish the day with a nice relaxation session to ensure your child sleeps well. Try reading a visualisation, meditation or relaxation exercise, Let your child get into a comfortable position as they sink into the bed and relax for a blissful nights sleep.



CONFIDENCE CALENDAR!

Don't forget to download your FREE affirmation calendar
www.relaxkids.com/calendar

MOOD MASKS

People are very good at hiding their emotions. They wear mood masks to cover up what they are feeling. For example someone might look happy, but underneath they are angry or feeling sad. Do you wear mood masks? Can you spot when anyone is wearing a mood mask? They may need some extra love and care.

FEELINGS DETECTIVE

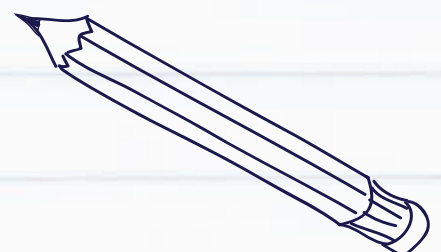
How good are you at detecting people's feelings? Can you work out how people are feeling and why they might be feeling like that? Next time you are reading a book or watching a movie, see if you can be a feelings detective. See what emotion the character might be feeling and what might have happened to make them feel like that.

MOOD BUTTONS

Did you know we all have mood buttons and when other people say things or do things, our mood buttons can be pressed. Do you know what your mood buttons are? What upsets you? What makes you angry?] What makes you sad? When you know your mood buttons you can be prepared and remember to breathe so you can control your moods.

MOOD FOOD

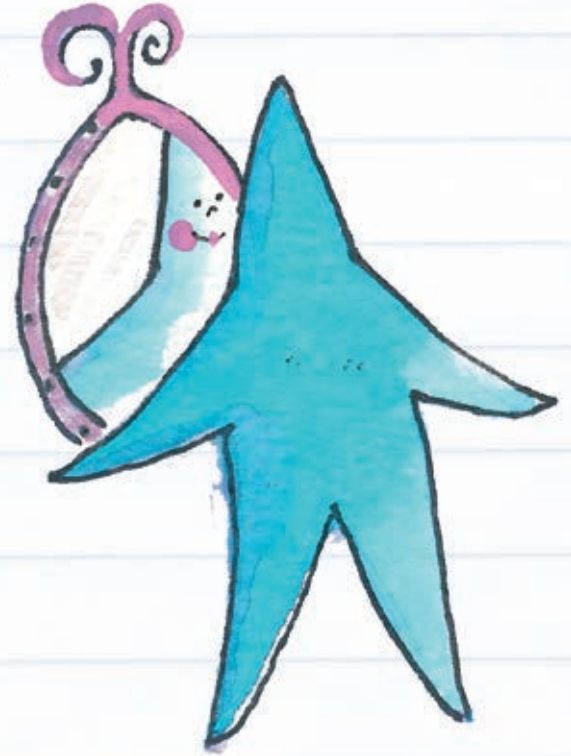
Did you know some foods can help your moods? As well as fruit and] vegetables that are full of vitamins and antioxidants, oily fish is very good for helping your moods. Stay healthy and keep your mind and emotions healthy.



MAGIC MIRROR EXERCISE

Here is a great exercise to try before school starts.

Close your eyes and imagine you are looking into a mirror. Imagine in the mirror is an even better you. See yourself happy and smiling. See yourself full of happiness and looking amazing. See yourself working hard at school and making great friend. In your mind, take a step towards the mirror and now imagine that you are the wonderful person in the mirror. Feel yourself tingle inside as you realise how amazing you are. Now squeeze your thumb and first finger together as you think about how amazing you feel. When you are ready step back again and open your eyes. Whenever you are feeling down and worried about school and need to remind yourself how special you are, you just have to squeeze your thumb and first finger together. It will help you get back in touch with all those amazing feelings again.



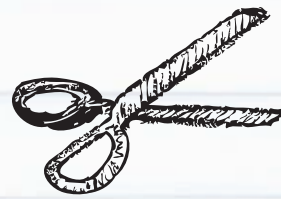
“Rachel seems to have a better understanding of how she can help herself to relax by using her breathing to calm herself when in a stressful situation, this also helps her concentration and listening ability.” - Mum

BACK TO SCHOOL TREAT

In Germany they have a wonderful tradition for the first day of school. Parents make a 'Schultüte' or School Cone. They put sweets and small gifts and stationary items that children will need at school. Making a Schultüte is simple to do and makes the first day of school fun and exciting rather than full of fear and dread. If you would like to make a simple Schultüte or sugar bag, here is how to do it.

You will need:

- Scissors
- A stapler
- Tissue paper
- Ribbon
- Sticky tape / glue



1. Cut a sheet of coloured card into a quarter of a circle.
2. Glue one of the straight edges to make a cone.
3. Decorate the cone
4. Take the tissue paper and put it around the top of the Schultüte. Use a stapler to attach the tissue paper to the cone.
5. Fill the Schultüte with presents, sweets and useful stationery! You might like to fill it with positive affirmation cards.
6. Tie the top of the tissue paper with ribbon to close the Schultüte.





WORRY DOLLS

Is your child anxious about going back to school? How about making some worry dolls!

Children in Guatemala talk to their dolls. They tell the dolls their worries and then put them under the pillow. When they wake up, the dolls have disappeared and taken away their problems and worries away.

Make your own Worry Doll

1. Find an old fashioned wooden clothes peg or a lolly stick. You could even use a small garden stick.
2. Draw a face on one side.
3. Place a small stick across the clothes peg and glue it on to make the doll's arms.
4. Wrap some wool or embroidery cotton around the dolls arms, doing one and then the other.



10 Confidence Boosters

1. **Stand Tall** – As you walk to school, remember to stand tall and take in a deep breath. Imagine you are breathing in confidence!
2. **Smile** – Don't forget to smile on your first day back. Try and look for little things to smile about, smile at strangers. Smiling makes you feel better
3. **Compliments** – Every time someone pays you a compliment, accept it graciously and really own that compliment rather than disregard or laugh it off.
4. **Diary** – Keep a diary and try to note down all all your successes. Celebrate and reward your successes!
5. **Friends** - Surround yourself with friends that make you feel good about yourself.
6. **Mirror** – Look into a mirror and say 'I love you' Remind yourself of what makes you special. This is a hard one to start with, but will get easier with time.
7. **Achievements** – Make a book of your achievements, talents and qualities. List all your successes and things that you are proud of. List all the things that makes you the special person that you are and include all the things that you have done to others and how you have made others happy.
You might like to put them in a book and refer to it when you are feeling low.
8. **Talk** – As much as possible talk to yourself in a kind and positive way. If you notice you talk to yourself in a negative way with put downs, try to stop and change it immediately.
9. **Affirmations** – Each day, repeat one positive statement or affirmation.
You might say 'I am positive and everything that happens is good' or 'I am special and I make a difference' You might even like to theme your day as a positive, happy, confident, joyful or special day and do things that make you feel that way.
10. **Visualise** – Close your eyes and imagine you are standing in front of a mirror. See yourself standing tall, smiling and looking great. Notice how you feel. Let the positive and confident feelings wash all over you.



**Choose a positive
word each day**

www.relaxkids.com

HEALTHY LUNCHBOX IDEAS

- ☆ Cut vegetable crudités and dips
- ☆ Hummous
- ☆ Fruit kebabs
- ☆ Sultanas
- ☆ Fruit in yoghurt
- ☆ Let children make up their own sandwiches
- ☆ Make wraps into pinwheels
- ☆ Cheese cubes and crackers
- ☆ Cucumber sushi
- ☆ Rice cakes with marmite or peanut butter
(if it is allowed at school)
- ☆ Falafels
- ☆ Savory muffins
- ☆ Home made granola yoghurt topped with muesli
Dried mango and pineapple



Don't forget to fill your lunch box with lots of yummy healthy nibbles.





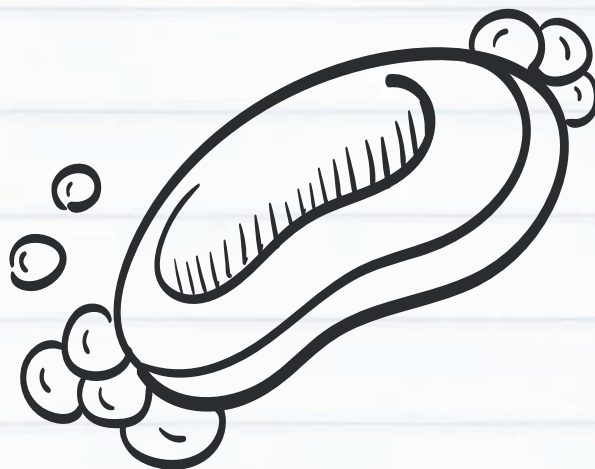
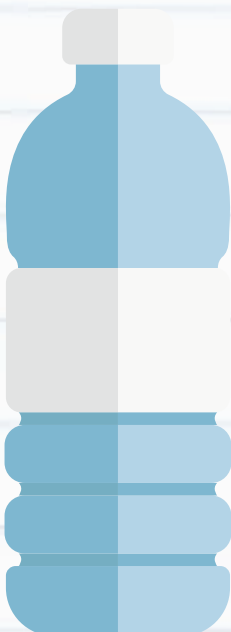
MINDFUL HAND WASHING

Notice your breath, connect with the water. Think about its source.

Notice the feel of the water on each part of your hands. Notice the smell of the soap. Say ten positive affirmations. Notice how it feels when you are drying them. You will reach the recommended time and feel recharged by slowing down.

BUBBLE OF POWER

When you go to school or out in the public, remember to stay in your bubble of power. You are safe and protected in your bubble of power. Even though you are not touching or close to your friends and people you love, your bubbles can touch. When your bubbles of power bump up against each other, you both feel strong and powerful inside.





KINDNESS IS CATCHING

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POEM

Mummy said kindness is catching
But I didn't know what she meant
I thought we were trying not to catch things
Everywhere that we went

If someone is crying and feeling upset
They want to go home for a cuddle
Remind them of all the friends they have
In your lovely little bubble

I have to go back to school, Mummy says
But it won't be the same as before
I might not be with my teacher
There'll be tape all over the floor!

You can make sure that your teacher
Knows just how lucky they are
To have you in their special team
What a superstar!

I won't be allowed to wander around
I'll have to stay sat in my seat
I might not be in my classroom
And she's not sure where I'll eat

Sometimes in life things shift and change
It's tricky when they do
But how you handle the ups and downs
Is totally up to you

My Daddy says I can't give out hugs
I have to give everyone space
I might not be with my teacher
And I must not touch my face

You might feel sad and it might feel odd
But only at the start
For you can make a difference to all
With the goodness in your heart

So I said 'Back to school sounds scary,
I don't think I want to go'
And Mummy said 'Listen sweetheart,
There's something I want you to know.'

So now I see that even though
We're trying to not catch infections
There are lots of ways I can have a good day
By making special connections

You will probably all feel a bit wobbly
Children and teachers too
As strange as it will be for you all
There IS something you can do

It's hard when stuff happens that we can't
control
It's scary to lose our way
But now I know that I CAN change the
world

Smiling and laughing with others you see
Doesn't need you to be close by
Even from two whole metres away
You can still say a friendly 'hi'

With the things that I do and say

You can say 'Well done!' You can say 'Great
idea!'

We're all in this together
And we don't know what's to come
But for now I want to be the one
Who helps others have lots of fun

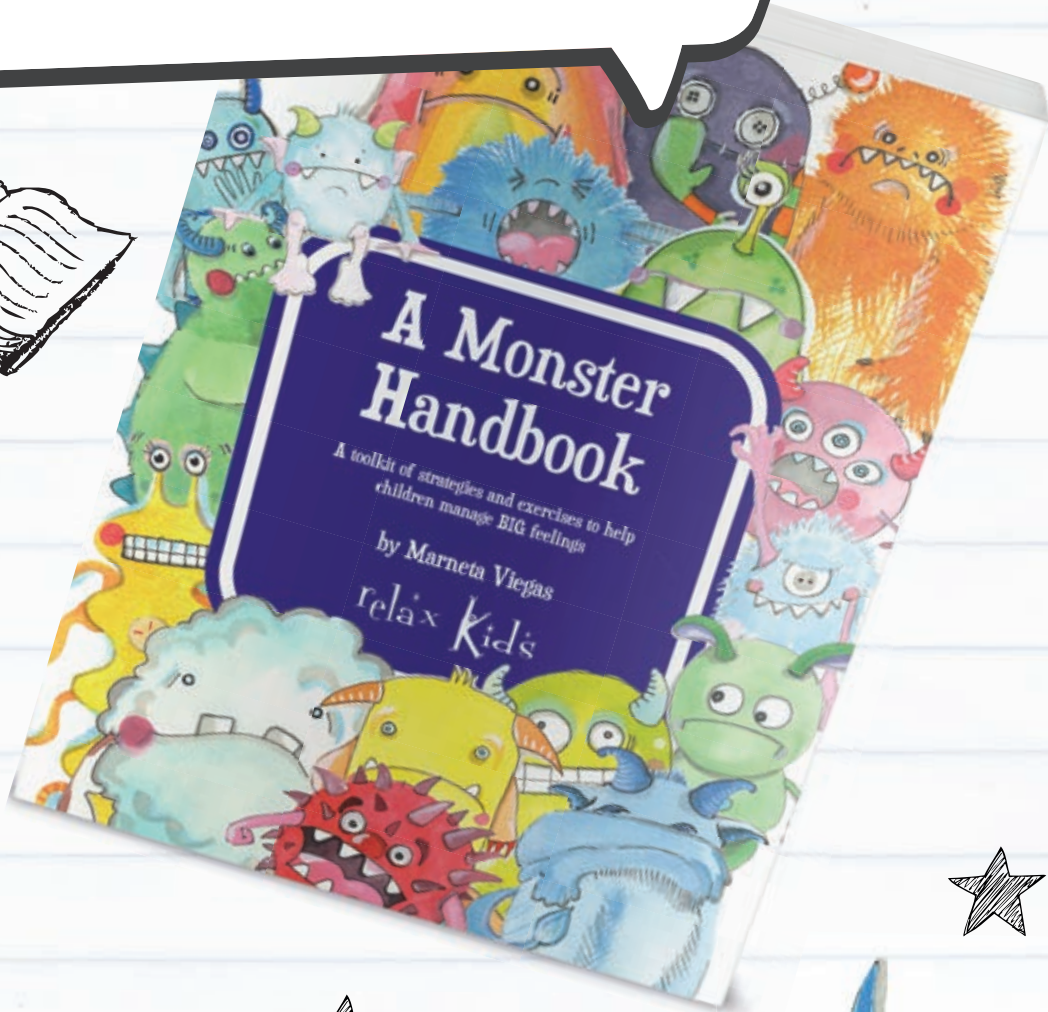
You can say 'You're a good friend to me!'
And even from all the way over there,
You can help others feel so happy

Mummy says kindness is catching
So even if my wellbeing is low
I'm going to spend every day from now on
Helping the kindness to grow

Smile at the children who pass by you
Tell them 'Everything's going to be fine'
Say 'Even though your face is sad,
Please share the smile on mine'

By Emma Fenemore
 Relax Kids Milton Keynes - Emma

Get your copy at
www.relaxkids.com



Check out **A Monster Handbook!**

An interactive, part work book part activity toolkit that helps children tame and train their monster emotions. The Monster Handbook is written in a scrap book style and is bursting with positive exercises and activities to help children understand and work with their emotions. Each chapter covers a different monster feeling such as sadness, anger, anxiety and worry. The book is written in child language and so would be easily accessible to young families. The book is designed to be an ongoing toolkit to help children feel more in control of their emotions and feelings. It can also be used in the classroom and by therapists. This is a paperback book.





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BACK TO CALM

CLASSES

Classes to help children manage anxiety and worry, Build resilience and feel safe and calm in a chaotic world.

**FIND A RELAX KIDS COACH IN
YOUR AREA!**

www.relaxkids.com/finder.aspx



Monday



**Shine bright like a star,
you are brilliant just the
way you are.**



Love



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Tuesday



**Be brave like a lion.
Try out new things this week.
Make new friends.  
Have lots of fun today.**

Love

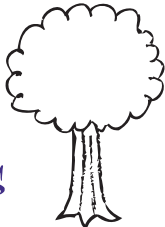
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Wednesday



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**Be strong like a tree.
Remember how amazing you are.
Remember to smile.
Enjoy your lunch**

Love



Thursday



**Be confident like a cat.
Stand tall and be brave.
Be the best you can be.
Have a lovely afternoon.**



Love



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Friday



Be proud like a peacock.

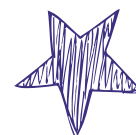


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**Think about all the great things you have done
this week.**



Love



Back to school affirmation cards



PRINTABLE BADGES & BOOKMARK READY TO GO BACK TO CALM

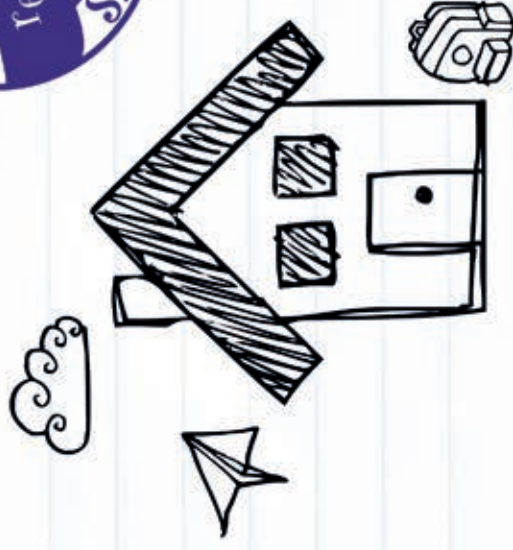




I would love to do more...

I am grateful for...

I rate today:



MY HOME SCHOOL DIARY

THIS DIARY BELONGS TO:



I found it hard to...

I would love to do more...

I learnt to...



I really enjoyed...

I really missed...

I didn't like...