



Relaxation is the act of making less strict, freedom from activity; an occurrence of control or strength weakening.

Similar word: rest

There are many techniques children can use to reduce their stress and relax. Depending on the child, some may work better than others. Let's try one or two of the following techniques to begin.

1. 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.
 - Simply breathe in deeply.
 - Hold the breath for a moment.
 - Release it slowly.



2. Progressive Muscle Relaxation offers a wonderful way to relieve stress. This is accomplished by tensing and then relaxing different muscle groups in your body.

Face - Scrunch up your nose and forehead like you smell something stinky, and then have relax your face. Repeat three times.

Arms and shoulders - Stretch your arms out in front of you, and then raise them above your head and stretch as high as you can. Have your drop arms and let them hang loose. Repeat three times.

Legs and feet - Stand and press your toes against the floor as though you are digging them into sand at the beach. Have your alternately press them and spread them enough to feel it in your legs, and then have your relax. Repeat three times.

3. Exercise is a great form of relaxation. Walking, running, swimming and playing all provide the kind of exercise that children love. However, do not overlook exercising to music. There are many excellent exercise CDs and DVDs for all age groups.





4. Visualization is also known as visual guided imagery. This technique uses the imagination to slow down the chatter of the mind and help release negative thoughts and worries. This technique can be especially useful following progressive muscle relaxation, which first relaxes the muscles and then calms the mind. Imagining a beautiful, peaceful place is one type of visualization that's easy for nearly any child to use as a stress reducer. Color visualization can also be helpful and is a very simple technique to teach a child.

- Imagine a favorite color that makes you feel peaceful and safe.

5. Laugh. Laughter is a wonderful stress reliever that soothes tension and helps the body relax. Ways to encourage you to laugh include:

- Telling jokes
- Taking turns making silly faces
- Watching a funny cartoon



6. Stretch. Stretching relaxes built up tension in the muscles.



7. Listen to Music. Listening to calming music can help a child regain focus. Even very young children may enjoy listening to relaxing classical music.

8. Meditate. Relax the mind and body. Here is a simple meditation your child can use at home, but it works well in the classroom too.

While you sit on your bed at home, or at your desk before class begins, you should place your hands in your lap and close your eyes.

The next step is to breathe in and out slowly and evenly.

Each breathe in and each breathe out counts as a single count, and you should practice this even breathing for a count of at least 50 (try for at least 30 in the classroom).

As she settles into the meditation, you should focus on listening to her breathing. As you do, you'll begin to feel more calm and focused.

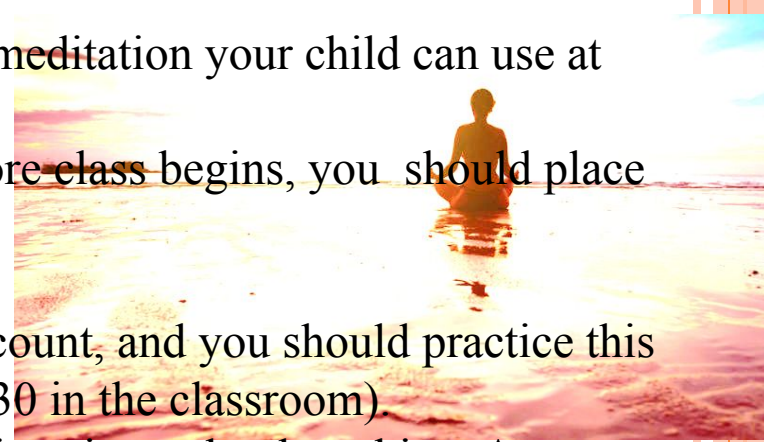
When you finish your count of 50, you should take a very deep breathe, let it out slowly, and then open your eyes.

9. Cuddle . Encourage you to cuddle with a pet or a hug a loved one.

The interaction can lower blood pressure and decrease stress hormones.

10. Toe Tensing draws tension down from the rest of the body. This simple exercise should be repeated ten times each session.

- Lie on your back and allow yourself to sense your toes.
- Use your toe muscles to pull all ten toes back in the direction of your face and hold to the count of ten.
- Relax your toes and hold to the count of ten.



Grammar: was/were

Was / Were – the second form of verb ‘to be’. We use this form in past simple. Look at the examples:

*I **was** at my Gran's house yesterday.*

*You **were** late for*

school this morning.

*She **was** with her friends last Saturday.*

*We **were** tired*

yesterday.

Remember!

I / She/ He/ It - was

You / We/ They - were

Be careful!

For negatives add 'n't' or 'not'.

*I wasn't late for school this morning. - I was **not** late for school this morning.*

*She wasn't with her friends last Saturday. - She was **not** with her friends last Saturday.*

*We weren't tired yesterday. - We were **not** tired yesterday.*