



PSHE - RELAXING

# Relaxing



Next week is half term!

Whilst that is a time for fun and adventures, it is also a time to take a break from school work and relax.

Everybody is different; some people might find it very easy to relax, others might find it tricky.

How easy is it for you to relax?



# Ways to Relax

There are so many different ways people can switch off from work and relax.

Here are some examples. Can you think of any of your own?



Listen to music

Go for a walk



Have a nice  
bath or shower



Watch a happy  
film

Focus on  
breathing



# Ways to Relax

On the next slides, there are some mindfulness cards.

Your task is to pick a few that you think would work for you (and you have the materials for) and try them out!

If one works well for you, you could try doing it again in half term!

Mindfulness Challenge Cards



Shake a jar of glitter or a snow globe. Can you keep watching it until the last flake drops to the bottom?



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Mindfulness Challenge Cards



1, 2 ,3... . Ring the bell and count as the sound fades. Which number did you get to?



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Close your eyes and listen very carefully. What sounds did you hear?



Listen to a song. Put your pencil on paper and draw what the music does.





Mindfulness Challenge Cards



Play Musical Statues. When the music stops, close your eyes, put your hands on your tummy. Can you feel your tummy going in and out, in and out?



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Mindfulness Challenge Cards



Put a leaf or flower near your nose and slowly breathe in and out. What does it smell like?



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Squeeze all of your muscles. Firstly, can you relax your hands, then shoulders, neck, tummy, legs, feet and lastly, toes?



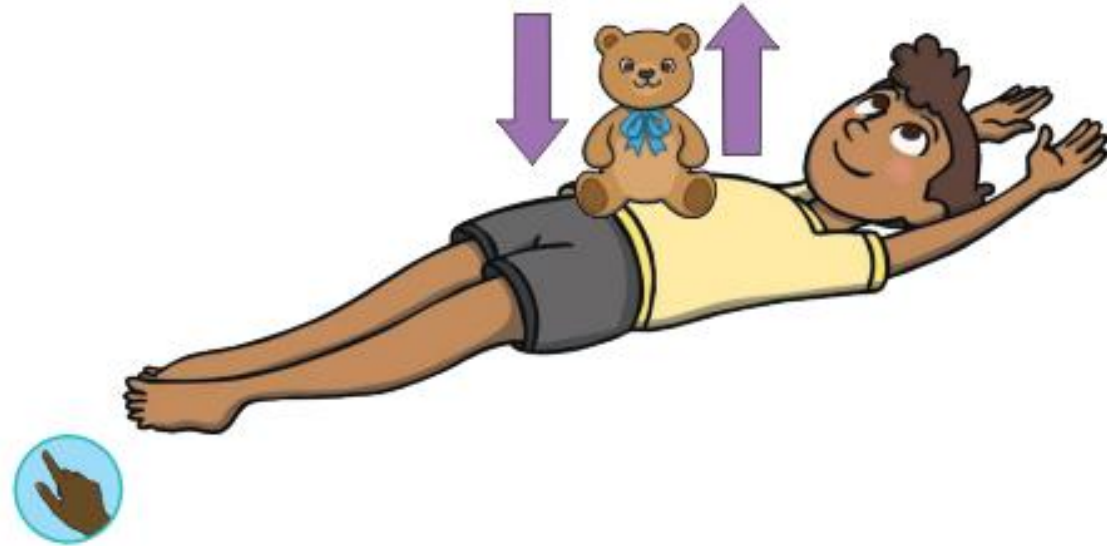
Walk 10 steps slowly and concentrate. What did your feet and toes do?







Lie down with a teddy on your tummy. Breathe in and out. How does teddy move?



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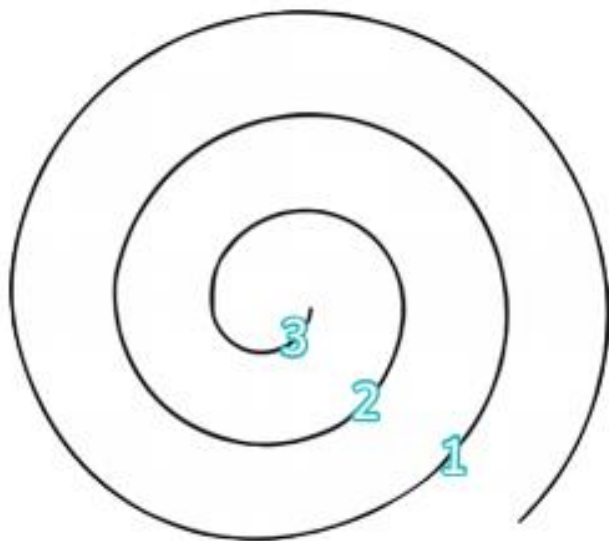
Keep your pencil on the paper and doodle as you breathe. Don't lift your pencil! What did you draw?



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1, 2, 3... . Draw a big spiral getting smaller. How many times did you go around?



Think about a happy place. What can you see, hear, taste and smell? How do you feel?



### Mindfulness Challenge Cards



Breathe in, out, in, out. If you think of something, wave it away and go back to your breath: in, out, in, out. Can you think about breathing for one whole minute?



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### Mindfulness Challenge Cards



Notice how you feel right now. Can you draw a picture of your emotion?



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Remember, relaxing and mindfulness is different for everyone, so some of these cards may not have worked for you. These are activities that can be done again and again!

If you liked this activity, you could have a go at making your own mindfulness cards!

