

USEFUL RESOURCES:



COSMIC KIDS YOGA

YOUTUBE CHANNEL (FREE) OR MOBILE APP
(14-DAY FREE TRIAL THEN PAID
SUBSCRIPTION)



HEADSPACE (FOR KIDS)
BREATHING AND VISUALISATION



MOSHI (FOR KIDS AGED 3+)
MINDFULNESS FOR SLEEP



NINJA FOCUS (FOR KIDS AGED 3+)
MINDFULNESS FOR MANAGING EMOTIONS, FOCUS
AND SLEEP



GROUNDING TECHNIQUES

(FOR UNDER 5 YEARS OLD)

INTRODUCTION

AFTER A TRAUMA, IT'S NORMAL FOR YOUR CHILD TO EXPERIENCE FLASHBACKS, ANXIETY AND OTHER UNCOMFORTABLE SYMPTOMS. GROUNDING TECHNIQUES HELP CONTROL THESE SYMPTOMS BY TURNING ATTENTION AWAY FROM THOUGHTS, MEMORIES, OR WORRIES, AND REFOCUSING ON THE PRESENT MOMENT.

CALMING JAR



FILL ANY SEE THROUGH CONTAINER WITH:

- DIFFERENT COLOURED GLITTER/SEQUINS/STARS
- WATER
- A FEW DROPS OF FOOD COLOURING (OPTIONAL)

WITH YOUR CHILD, SHAKE THE JAR AND WATCH AS THE GLITTER SWIRLS AROUND. YOU CAN TALK TO YOUR CHILD ABOUT HOW WE CAN HELP OUR THOUGHTS SLOW DOWN, JUST LIKE THE GLITTER SLOWS DOWN, THROUGH BREATHING ACTIVITIES.

BREATHING ACTIVITIES

YOU CAN PRACTISE THESE WITH OR WITHOUT THE CALMING JAR, TO TEACH YOUR CHILD TO USE THEIR BREATH TO CALM THEIR MIND:

HOT CHOCOLATE BREATH:

- CUP YOUR HANDS TOGETHER AS IF YOU'RE HOLDING A MUG OF HOT CHOCOLATE
- ASK YOUR CHILD TO "BREATHE IN AND SMELL THE HOT CHOCOLATE, BREATHE OUT, COOL IT DOWN"



BREATHING ACTIVITIES (CONTD.)

TEDDY BEAR BREATHS:

- ASK YOUR CHILD TO LIE DOWN AND PLACE A TEDDY OR LOVED TOY ON THEIR TUMMY
- ASK IF THEY CAN HELP THEIR TEDDY FALL ASLEEP BY ROCKING THEM SLOWLY UP AND DOWN, USING THEIR TUMMIES
- TAKE A BIG BREATH IN TO MAKE THE TEDDY RISE UP, AND SLOWLY BLOW AIR OUT TO LOWER THE TEDDY



OTHER TECHNIQUES YOU CAN TRY:

FUNNY FACES:

- TAKE IT IN TURNS TO KEEP A STRAIGHT FACE WHILE THE OTHER PERSON MAKES FUNNY FACES

FUNNY WAYS TO CROSS THE ROOM:



- BOTH STAND ON ONE SIDE OF THE ROOM
- TAKE IT IN TURNS TO DECIDE HOW YOU WILL BOTH CROSS THE ROOM TOGETHER
- YOU CAN HOP, CRAWL, JUMP, TIPTOE. GET CREATIVE!

NATURE WALKS:

- WHAT CAN YOUR CHILD HEAR? CAN THEY FEEL THE WIND/RAIN/SUN ON THEIR FACE? WHAT CAN THEY SEE?
- ALLOW YOUR CHILD TO SPLASH IN A PUDDLE OR RUN THEIR FINGERS THROUGH WATER, FOCUSING ON THE SENSATIONS IT PROVIDES