

Children's Relaxation Exercise

1. Sit or lie in a comfortable position, preferably in a position where the limbs do not touch any other part of the body.
2. Take a few slow, belly breaths before beginning the phrases.
3. Repeat the following phrases to yourself 3-6 times. If you prefer, you can use the phrase "I am relaxed" instead of "I am at peace"
 - My arms are heavy and warm [pause] I am peace [pause]
 - My legs are heavy and warm [pause] I am peace [pause]
 - My heartbeat is calm and strong [pause] I am peace [pause]
 - My tummy sends out warmth [pause] I am peace [pause]
 - My forehead is pleasantly cool [pause] I am peace [pause]
 - My breathing is calm and relaxed [pause] I am peace [pause]

Remain in a deeply relaxed state as long as you like.

