

Children's Speech and Language Therapy Service

Relaxation Activities

Some ideas to help your child understand what relaxation is all about.

- Ask your child to be like a tin soldier. Encourage them to talk about how it feels and how these parts of the body feel e.g. arms, legs, back, shoulders, neck, face, tummy. How does a tin soldier walk and talk? What would it be like to be a tin soldier?
- Ask your child to be like a rag doll. What does this feel like? How does the body feel? What would it be like to be a rag doll?
- Ask your child to think of as many solid or floppy foods as they can. Encourage them to draw them e.g. carrot/jelly. Use real food where possible.
- Melting Snowman – Can your child pretend to stand up like a snowman and then melt?
- Puppet – ask your child to pretend to be a puppet, dancing and then to flop when the strings are cut!
- Funny faces – ask your child to be a frightening monster and then a sleeping baby. Ask them to be a roaring lion and then a gentle deer.