

BRIEF EXERCISES FOR ANXIOUS CHILDREN

BELLY BREATHING



Get your child to place one hand on their chest and the other on their belly. Ask them to breathe in through their nose for half their age in seconds, hold for half their age in seconds, and breathe out for their full age in seconds.

If they are 8 or older, breathe in for 4 seconds, hold for 5 seconds, then breathe out for 4 seconds (adjust this as per your child's needs).

BUBBLE BREATHING

Fill a cup halfway with water or milk and place a straw in it. Ask your child to take a deep belly breath and hold for 3 seconds, then blow into the straw slowly through their mouth.

Repeat this 5-10 times (or as many as your child needs to feel less anxious).



ROBOTS, JELLYFISH AND TOWERS

This exercise will help your child's muscles relax. You say 'robots', 'jellyfish' or 'towers' & your child mimics the behaviour of each one - robots which are stiff, jellyfish which are floppy & relaxed, & towers, which are strong & stretch up high.

Let your child go through the actions of each a couple of times, then mix the order of the names, but make sure there's always a jellyfish movement after each robot or tower.

