



RELAXATION TOOLS

MAKING EVRDAY LIFE HARMONIOUS

BREATHING BALL

This is a sphere shape ball that extends larger. You can buy them online and some toyshops will also sell them. They are usually small in size and can be held at the chest hight, following the breathe as they breath in and out they expand the ball, as though they are replicating what is happening in their lungs/tummy.

This is great for visualisation and understanding the actions their breath makes. It is also very helpful if a child finds it hard to focus for long periods of time.



SINGING BOWL/ CHIMES

I often use chimes and a singing bowl to begin and to end the practice. This sets the tone for clam and quiet. Sound has a powerful affect on our emotional state and energetic systems. when we are holding emotions in the body, The vibration of sound can elevate and change from stressed to calm. These sounds send signals to the brain that all is safe and well.



RELAXATION MUSIC

what ever age your child is, they can always listen to relaxation music. It's a great idea to pop some on before bed, to detach from the tv and anything that is over stimulating. The soft sounds of thbetian bowls, or whatever your child perfers will create the right abeance for relaxing and possibly bedtime. if you really want something with a benefical impact, then I sugest solfeggio frequencies as they reach deep into our subcious to release deeply distressing emtions.

PIN WHEELS



Pin wheels are such great fun, but also demonstrate how we can breath and focus on extending our out breathe, which is the key to relaxation. When we focus on a longer out breathe than our in breathe, we send a signal to our autonomic nervous system that we are safe and calm, thus switching from a stressed (fight or flight) state to a relaxed and happy state.

SPIKEY BALL

A spikey ball is a super handy thing to have, you can also have just a regular tennise ball. However, with a spikey ball, you are able to roll it over pressure points on the body which trigger an energetic release or energy that is held in the pressure points.

For a child, we still want to be gentle, so carefully roll it under the feet daily to move over all the reflexology points. Not only will this energies the and maintain health for all the organs and areas of the body, but it will help in grounding children. Children need this from an early age to get used to using all of their feet on the ground and feeling connected to their feet and the earth. It may sound strange to some but we are souls in a physical body, and not everyone is always and totally in this body, which can make us feel 'away with the fairies' or emotionally unbalanced.



BUBBLES

Another great one for breathing. Breath is the most important tool to helping us relax, as I've mentioned,. Breathing calms the nervous system and gives our mind and body the premission to relax.

You can buy bubble bottles and machines, but you can also do this diy style at home. either with a pipe cleaner curled into a shape of a circle or using your hands to create shapes. Have a bowl with soapy water, and use your breathing to make the shapes appear.

