**Chill Skills for KS1**

By **Marneta Viegas**  
Age Range: **5 to 7**

Here are 10 Chill Skills to keep you cool and relaxed:

1) **Fizzy Lemonade**  
Jump up and down or shake your body as fast as you can for as long as possible. Now, stop and feel your body fizzing like lemonade.

This exercise helps you feel the energy in your body and helps you to notice the difference between moving and relaxing.

2) **Pencil**  
Stand or sit up tall, with your legs together. Raise your arms above your head and clasp your thumbs together with your fingers pointing upwards. Stand very tall and stretch your whole body, squeezing your legs together and squeezing your arms against your ears. Squeeze your whole body as tight as you can. After about 10 seconds of squeezing tight, let your arms go and relax.

This exercise shows you how a good stretch held for a few seconds can help you feel relaxed and energised.

3) **Butterflies**  
Give yourself a massage and let your finger lightly flutter like a butterfly all over your face, neck,chest and arms.

This exercise shows you how a gentle massage can help you feel better.

4) **Thumb Massage**  
Hold your left hand with your right hand, placing your right thumb in the middle of your left palm. Very gently, stroke and circle your thumb around your palm.

This exercise is to help you feel relaxed. You can do this whenever you are feeling stressed or anxious.

5) **Icy Breaths**  
Imagine you are blowing on a cold window. Take in a deep breath, open your mouth and breathe out very slowly and steadily. Can you see how misty the window is? Repeat the exercise.

This exercise is to help you control your out breath to help you feel relaxed

6) **Bubble Breaths**  
Imagine you are blowing bubbles of peace into the room. Imagine you have a pot of bubble liquid. Take in a breath. Slowly and gently blow bubbles into the room. As you blow out the bubbles, imagine they are filled with peace and the whole room is filling up with peace. Do you feel peaceful?

This exercise is to help you use your breath and your imagination to become relaxed.

7) **Balloon Breaths**  
Imagine you are blowing up a balloon. Take in a deep breath, and steadily and slowly blow up your huge balloon. See the balloon getting bigger and bigger and bigger. Now close your eyes and imagine the balloon floating into the air. As you stand there, feel yourself becoming very quiet and peaceful. Repeat this exercise 2 or 3 times.  
When you are feeling cross, you can blow up the balloon, fill it with cross thoughts, put it on the floor and stamp on it.

This exercise is good to help you focus on breathing deep into your stomach to help you relax.

8) **Affirmation**  
Close your eyes and say to yourself quietly, I am calm, I am quiet, I am peaceful, I am calm, I am quiet I am peaceful

This exercise is good for you to learn how to use your thoughts to help you feel relaxed and peaceful.

9) **Butter on Toast**  
Lie down on the floor and imagine you are a piece of butter melting on warm toast. Feel the whole of your body sinking into the floor as the butter melts. Enjoy the feeling as you relax all your muscles

This exercise is good for helping you to focus on relaxing your muscles

10) **Body Relax**  
Sit or lie and stay as still as you can. One by one, ask or command each part of your body to relax and be still. Relax your left leg, relax your right leg, relax your stomach, relax your back, relax your left arm, relax your right arm, relax your shoulders, relax your neck, relax your head.

This exercise is good for helping you to concentrate and teaching you to relax yourself

**Chill Skills for KS2**

By **Marneta Viegas**  
Age Range: **7 to 11**

Here are some ideas to help KS2 children stay relaxed:

1) **Tension/Relaxation**  
Imagine you are holding something precious and you don’t want to let go. Clench your hands as tight as you can and then relax them. Repeat this exercise.

Benefits: self-awareness and encourages children to understand the difference between tension and relaxation

2) **Shoulder and Scalp Massage**  
Give your head and neck a massage. Rub, pat, stroke and tap your scalp with your fingers. Massage one shoulder with the opposite hand.

Benefits: improves circulation stimulates lymphatic system, helps relax muscles and calms the nerves

3) **Floating Tongue**  
Hold your tongue in your mouth for as long as you can without letting it touch any part of your mouth. Now, clench your jaw tight and relax it slowly. Let your tongue and jaw completely relax.

Benefits: decreases muscle tension and mental tension

4) **Long Breaths**  
Take in a deep breath, put your lips together to make a small O and let out a soft slow and steady breath. Repeat 3 times.

Benefits: helps calm the nerves and allows fresh oxygen to the system

5) **Deep Breaths**  
Take in a deep breath for a count of four. As you breathe in, breathe right into the stomach and try to keep your shoulders down. Hold for count of four and breathe out for a count of eight. Repeat this 4 times.

Benefits: develops concentration and clarity

6) **Rock**Sit down in a kneeling position, with your hands placed firmly on your knees. Keep your back and arms as straight as you can. Imagine you are a rock standing totally still in the sea. Feel the cool sea water swirling around the bottom part of you. It feels so cool and refreshing. Take in a deep breath of fresh sea air, and breathe out. Each time you breathe in and out, feel your whole body becoming calm and still.

Benefits: brings rest to the mind, aids digestion and sleep.

7) **Happy Place**  
Close your eyes and think of a peaceful and relaxing scene. Try to imagine all the small details. What can you see?, what can you hear?, what can you feel? See yourself completely peaceful, content and happy and safe. Stay in this place for as long as you wish. Now, put your thumb and first finger together. Hold it for 10 seconds. This is an anchor and whenever you need to get back to your safe happy place, you simply have to hold your thumb and first thing together tightly and let your mind drift back to your Happy place and let the peaceful content feelings wash over you again.

Benefits: encourages imagination, healthy mind and helps children manage worries

8) **Affirmation**  
Repeat to yourself I am relaxed, calm and peaceful, I am relaxed, calm and peaceful, I am relaxed, calm and peaceful.

Benefits: develops self-esteem and motivation

9) **Squeeze and Relax**  
Take in a deep breath and as you breathe in, squeeze all the muscles in you body. Now, breathe out and relax all the muscles in your body. You can try this exercise going round the body and squeezing each limb separately. Squeeze your face into a tight ball and release, pull your shoulders up and release, pull your tummy in and release, squeeze your arms against your body and release, squeeze your legs together and release, squeeze your toes together and release. As you release, feel all the tension melting away.

Benefits: increases self-awareness and decreases anxiety and tension

10) **Big Balloon**  
Close your eyes, be very still and imagine that you are holding a big balloon. It is very light. It feels very smooth. The balloon is in your favourite colour. Now hold the bottom of your balloon, and feel the balloon gently rising into the sky. Each time you breathe in and out, you gently glide further and further into the warm summer sky. The deeper your breath is, the further you can travel. Enjoy this feeling of weightlessness. Enjoy the feeling of being completely free. Your body feels weightless and free and your mind feels totally free.

Benefits: improves concentration, reduces stress and mental tension

**Relaxation Tips**

By **Marneta Viegas**  
Age Range: **5 to 11**

Use the following technique to help your class (or yourself!) become more relaxed throughout your day:

Close your eyes, be very still and imagine your whole body is becoming as light as a feather. Wiggle your toes and imagine that they are becoming so light they start to float into the air. Let them drift upwards. And now try to feel as if your legs are turning into feathers. Your legs feel so light now. Can you feel them starting to drift upwards? They are no longer heavy, but soft and light. Now feel your tummy becoming soft and light. Let your tummy be soft and relaxed. Feel your chest becoming soft and light like a feather. Enjoy this feeling as your body slowly gets lighter and lighter.

Feel your arms becoming light. Let your fingers gently relax and float upwards. Feel them floating in the air. Finally let your head be light. Feel all the tension melt away, as your head becomes soft and light. Now your whole body is as light as a pile of feathers. You feel soft and relaxed. Slowly allow your body to float upwards, and see how light you can be. The lighter you are, the higher you will float ...

Keep repeating to yourself I am as light as a feather. I am light I am light and watch how high you can float. Stay up in the air enjoying this lovely feeling of lightness, until you are ready to drift down again.

And now, when you are ready, wiggle your fingers and toes, have a big stretch and open your eyes.

**More Relaxation Tips**

By **Marneta Viegas**  
Age Range: **5 to 11**

Use the following techniques to help your class (or yourself!) become more relaxed throughout your day:

Sleepy Starfish

Lie down on your back with your legs and arms apart. Stay very still and imagine you are a sleepy starfish resting at the bottom of the ocean. Breathe in and as you breathe out relax you arms. Breathe in and as you breathe out relax your legs, breathe in and as you breathe out relax your head. See how still you can be at the bottom of the ocean, resting like a sleepy starfish. Repeat to yourself "I am silent, I am silent...".

Squeeze and Relax

Take in a deep breath and as you breathe in, squeeze all the muscles in your body. Now, breathe out and relax all the muscles in your body.   
Repeat this exercise 2 or 3 times...

Elastic Band

Close your eyes, be very still and imagine your body is a piece of elastic. Just relax to start with and enjoy being a floppy piece of elastic. Allow your legs to be floppy and relaxed, let you arms be floppy and relaxed, let your stomach be floppy and relaxed and finally, let you neck and head be floppy and relaxed. Now very slowly imagine someone is very gently tugging your head and someone else is pulling your feet at the same time. And the elastic is becoming tighter. Your muscles are becoming more taut. Your whole body is getting longer and longer. Enjoy this wonderful stretching feeling as you are growing longer. Then ... ping....let all the muscles in your body relax as the elastic band is released. Relax back to being a floppy bendy piece of elastic again. Enjoy this wonderful feeling of being totally relaxed and floppy.