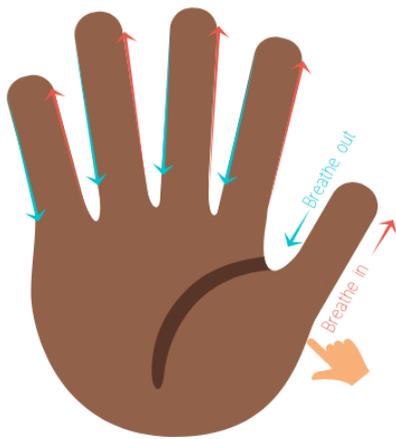


Getting Back To School – Resources List

Please see below the relaxation resources discussed within the webinar ‘Getting Back to School!’.

Five Finger Mindful Breathing

5 Finger Breathing



1. Stretch one hand out so that you have space between your fingers.

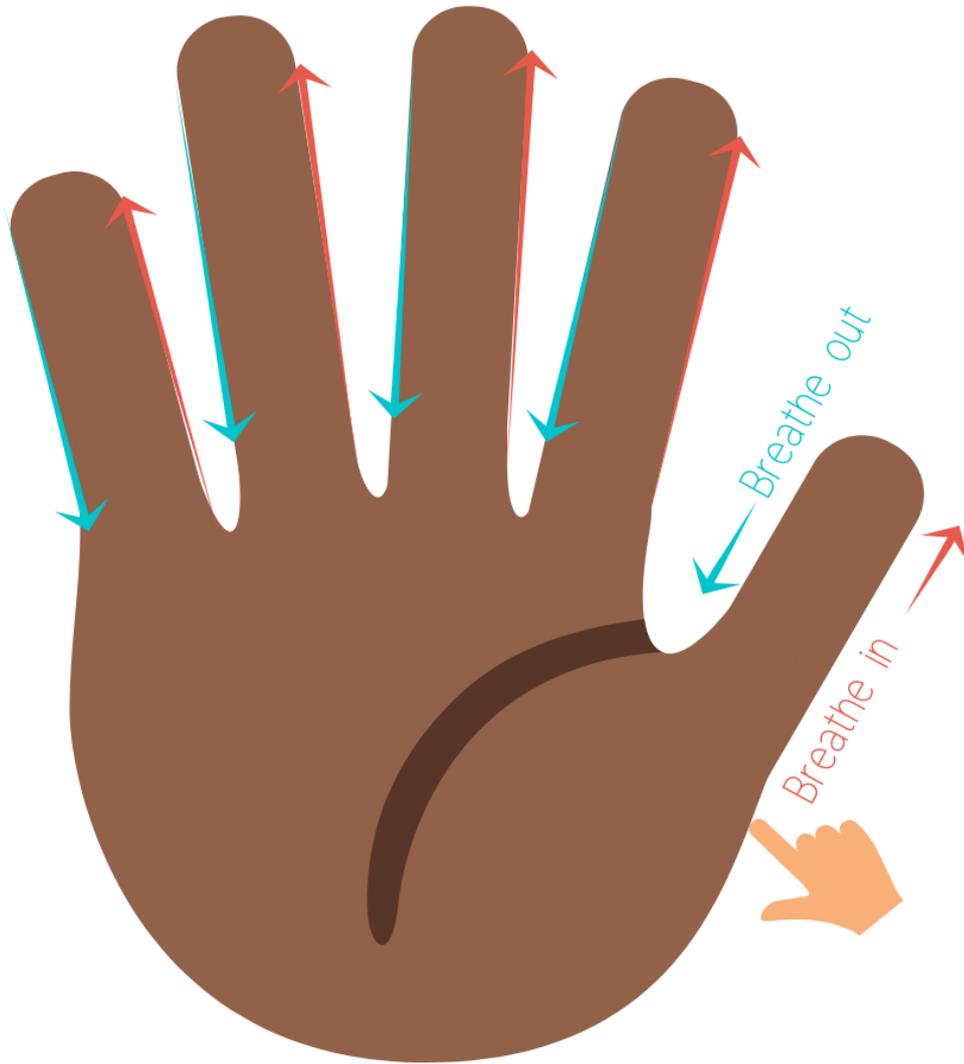
2. Hold up your pointer finger from the other hand.

3. Start at the bottom of your thumb. Use your pointer finger to trace up your thumb as you slowly breathe in through your mouth.

4. When you get to the top of your thumb, slowly breathe out your nose as you trace down the other side.

5. Repeat for all fingers until you have traced your whole hand.

5 Finger Breathing



Safe Place Image Relaxation Exercise

All visualisations can be strengthened by ensuring you engage all your senses in building the picture in your mind's eye - it's more than just "seeing"!

Offer your child some pictures which you think they might like. Perhaps you could look on google images together. Allow them to pick an image that they connect to – maybe a beach, a woodland scene, a beautiful field.

- Start by getting comfortable in a quiet place where you won't be disturbed, encourage your child to take a couple of minutes to focus on their breathing. They can close their eyes, and become aware of any tension in their body. Encourage them to let that tension go with each out-breath.
- Ask them to imagine being within the image that they have chosen.
- Encourage them to look around that place, notice the colours and shapes. What else do they notice?
- Encourage them to notice the sounds that are around them, or perhaps the silence. Sounds far away and those nearer to them. Those that are more noticeable, and those that are more subtle.
- Ask them to think about any smells they notice there.
- Ask them to focus on any skin sensations - the earth beneath them or whatever is supporting them in that place, the temperature, any movement of air, anything else they can touch.
- Ask them to notice any pleasant physical sensations in their body whilst they enjoy this safe place. For example if on the beach – can they feel the warm sun on their face? Can they feel their body relaxing?
- Now whilst they are in their peaceful and safe place, you might choose to give it a name, whether one word or a phrase that they can then use to bring that image back, anytime they need to.
- Encourage them that they can choose to stay there a while, just enjoying the peacefulness and serenity. They can leave whenever they want to, just by opening their eyes and being aware of where they are now, and bringing themselves back to alertness in the 'here and now'.

Please find more information on our First Steps Website

<https://cityandhackneycamhs.org.uk/services/first-steps/>