

Relax Kids Challenges

Stillness

Get six pencils and you can either use a timer or you can count to 60. Balance the six pencils on your body (eg on your legs, arms, neck) and see if you can be still for one minute without any pencils falling off. Challenge someone else in your house to do the same.



Balance

Get a timer or ask someone to count for you. Get into tree pose and see how long you balance for. Lower your gaze and find a spot on the floor to focus on. This will help you keep your balance for longer. You could practice every day and see if you can improve your balance.



The Plank

The Plank helps to strengthen our core muscles. See if you can practice the plank every day. Use a timer to time how long you can hold the plank for and see if you can increase your time a little bit each day. As your core gets stronger you may be able to hold the plank for 1-2 minutes. See if you can get other people in your household to take part.



Listening

Either sit or lie down and see if you can close your eyes. Sit quietly and see if you can listen to all the different sounds around you. What can you hear? Try and remember all the different sounds you can hear. After a few minutes open your eyes and draw a picture of all the sounds you heard.



Snake Breath

Take a deep breath in and on the out breath hiss (a 'ss' sound) like a snake quietly until you reach the end of your breath. Ask someone else in your house to join in and see who can hiss the longest. Repeat this 5 times.



Massage

Can you make up some massage actions for this story massage?

It was a bright sunny day
But there were a few clouds in the sky
One of the clouds was very dark
Suddenly it started to rain
It was light at first and then it got heavier.
People had to put their umbrellas up.
Once the rain stopped, a beautiful rainbow appeared in the sky.
The sun came back out and everyone breathed in the fresh air and the rainbow colours.
You could draw on your partners back either a tree, sun or... What else can you think of?