

# Mind-Body Relaxation Techniques for Children and Teens

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## BREATHING



### Expressive Breathing

- Identify a feeling you want to release
- Inhale through your nose
- Exhale making the sound of that feeling

### Bumble Bee Breathing

- Inhale through your nose
- Place index fingers in both ears
- Exhale making the buzzing sound of a bee



### Hands-on Breathing

- Place one hand over the center of your chest and one hand over the center of your belly
- Inhale through your nose until the hand on your chest rises
- Inhale through your nose until the hand on your belly rises
- Hold breath for 2-4 seconds
- Exhale your full breath through your mouth from your belly first then your chest

# RECEIVING & GROUNDING

## Drop Your Anchor



Color- Find three items of the same color in the room



Texture- Find three different textures in the room



Shapes- Find three objects of the same shape



Shield and Defend Yourself

## Build Your Imaginary Armor



Protect and Empower Yourself



## STRETCHING

### Y Stretch

Stretch can be done in a standing or sitting position

- Send hands over your head with palms touching
- Stretch to the left side
- Back to center
- Stretch to the right side
- Back to center
- Stretch down to your toes

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