Mind-Body Relaxation Techniques for Children and Teens

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

Build Your Imaginary Armor

- Shield and Defend Yourself
- 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

Samira Moosavi, CCLS, CYT
Children's Group Coordinator
Samira.Moosavi@ehospice.org

Melissa Lunardini, M.A.
Children's Bereavement Manager
Melissa.Lunardini@ehospice.org

760-737-2050

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