

# SUPER TROOPERS

with



## Tips for Calming our Bodies After a Busy Day

Super Troopers with Laya Healthcare knows how beneficial it is to try and find some time for calm and relaxation after a busy day. Taking time to relax and recharge is very beneficial for your wellbeing and your overall health. Below are some tips to help your Super Troopers calm their bodies after a busy day!

### Schedule in Some Calm Time

Set aside a time each day for whatever helps you feel calm. We suggest breathing exercises or yoga (check out our website for fun examples and activities)! Setting aside time each day to relax and recharge is beneficial for your body and mind. Being calm helps us have more control over our emotions and thoughts.

### Listen to Music (Active Listening)

Listening to music is a great way to calm your body. We have a great selection of playlists on our website for you to choose from to practice active listening with your Super Troopers. Active listening is when you pay complete attention to what you're hearing – so in this case, actively listen to the lyrics of the song! Practicing active listening helps your brain process information, and also helps you become calmer.

### Unplug

During your scheduled calm time, turn off the electronics and go for a walk or read a book! There are so many different ways to relax without technology. Breathing exercises are a great way to center your thoughts and relax. Try watching the sunset and talking about the colours you see. What does the sky look like? Which colours are your favourite?

### Meditate

Meditation helps balance your body, making it a great technique for you and your Super Troopers to use when calming your bodies after a busy day! Try doing a quick check in and ask your Super Troopers how they are feeling all over. What are they thinking about? How are they feeling?



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## Exercises to Encourage Calm and Focus

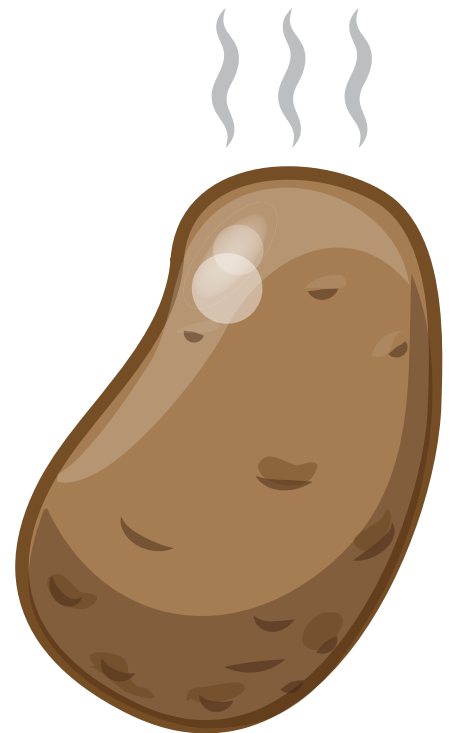
### Hot Potato

Using our Super Troopers playlist, play hot potato for the length of one song (or two!) using a safe item in your classroom, such as an eraser or a highlighter as the hot potato. This game can get everyone up and awake, ready to focus!

#### Instructions:

1. Ask your pupils to stand around in a circle.
2. Choose one Super Trooper to start and hand them 'hot potato.'
3. Once the music starts, the starting player gently tosses the 'hot potato' to someone else in the circle, then they will toss it to the next person, who will toss it to the next person, and so on, passing it any order around the circle.
4. Keep tossing the 'hot potato' around gently until the music stops.
5. Whoever is holding the 'hot potato' when the music stops is out!
6. The last person in the circle is the winner!

This is a great activity to include during the school day between classes when the students have been sitting for a while, making it a great way to encourage calm and focus.



### Puzzles

**Puzzles have a lot of surprising benefits and are a great mental exercise that encourage both calm and focus!**

#### Crossword puzzles

- › Not only do crossword puzzles improve vocabulary, but they also release stress and can help with staying calm!

#### Jigsaw puzzles

- › As well as developing problem-solving skills, doing puzzles can have a calming effect and can help to lower stress levels.

