

SUPER TROOPERS

with



Taking Time out to Relax

Relaxation is beneficial for both you and your child's overall health and wellbeing. Below, Super Troopers has gathered helpful ways to help your child relax!

Benefits of Relaxation

- › Feeling relaxed is good for the mind and allows children to think and learn. Relaxing after school is especially important, as it gives children the time they need to process their day.
- › Gives the body a chance to repair and recharge.
- › Helps to relieve tension and reduce anxiety.
- › Helps us to feel more energised.
- › Relaxation is great for helping us to focus.
- › Taking time to relax before bedtime is very beneficial for children. It helps them to unwind after a busy day and to prepare the mind and body for sleep.



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Helping your Child to Relax

- › **A quiet space** - create a comfortable space for relaxation by filling a quiet space with cushions or pillows. Dimmed or soft lighting works great for a space like this. Here, children can bring a soft toy, listen to relaxing music, read a favourite book, or just sit back and relax.
- › **Breathing** - ask your child to close their eyes and focus on their breathing, noticing their breath as they slowly and gently breathe in and out.
- › **Music** - listening to calming music is wonderful for helping children to unwind - slow tempo music works best. Check out our Super Troopers 'Taking time out to relax' playlist on our website.
- › **The senses** - asking children to focus on their senses is a great way to help them relax. Just ask them to focus on one sense at a time, for example: head outside and ask your child to close their eyes and to sit/stand and listen to all the sounds they hear.
- › **Yoga** - yoga is wonderful for children's relaxation. It helps children to focus on their breathing and posture. Visit www.supertroopers.ie for some 'Yoga Exercises'.



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