

Healthy Alternatives for Little Ones In-Class Activities

Lesson 10: Stress and Relaxation

This week we are learning **how to recognize stress and identify ways to relax**. The objective of Lesson 10 is for each child to understand the concept of stress/tension, understand that tension can harm the body, and be able to state something they can do to relax. Here are some activities you can do with your class to reinforce this week's HALO lesson!

Go to Sleep Toes

This is a great relaxation activity for children who have difficulty at naptime.

Materials: A quiet space for children to lie down.

Directions: Tell the group that they can use *pretending* to help relax or fall asleep. With children lying comfortably and closing their eyes, tell children "Now pretend you are looking at your toes, pretend your toes are wiggling, and tell them: 'toes, go to sleep'. Now pretend you are looking up at your body slowly, part by part, and repeat after me: 'Feet go to sleep. Ankles go to sleep. Legs go to sleep'". Let your voice get softer as you continue up the body. Finally, end with 'hair go to sleep'. As they remain relaxed, have them take notice of how their body feels loose and sleepy. Allow children to continue relaxing as long as you wish.

Journaling

Journaling is a great way to decompress and work through stressful situations. This modified version will introduce children to a stress-relieving hobby that they can pursue for years to come.

Materials: Plain white paper, stapler.

Directions: Create journals by folding several sheets of paper in half (hamburger style). Staple the paper together at the crease to create a journal. Explain to the children that these journals are theirs to decorate anyway that they like. Each day give children free art time to color/draw one page in their journal.

