

Setting up the Environment for Core Routines: Relaxation Time



- Create a cozy corner for relaxation time. Grab pillows, blankets or yoga mats. You can even create a fort or use a tent to really cozy up the space!
- Turn on quiet background music and lower the lights to promote relaxation, regulation and calmness.
- Use an essential oil diffuser. Essential oils scents such as lavender, ylang ylang or bergamot are great for calming and uplifting the mood. You can even create your own essential oil rollers!
- Practice different relaxation techniques such as listening to guided meditations for children or laying down and practicing belly breaths. Do the activities alongside your child to model.
- Consider purchasing a mindfulness meditation activity book:
 - Sitting Still Like a Frog
 - Breathe Like a Bear
 - Peaceful Piggy Meditation
- Play a guided meditation or meditation story on YouTube:
 - Stop Breathe and Think
 - Fablefy 21 Days of Mindfulness
- Practice yoga! There are great yoga activities on YouTube or you could download an app, like Super Stretch.
 - Cosmic Kids Yoga
- Relaxation time is an opportunity for you to relax along with your child, try your best to model techniques for calming such as breathing and using positive affirmations. This can even be a time for a simple sensory break, where you practice the art of doing nothing