

# Chill Skills

Here are 20 Chill Skills to keep you cool and relaxed:

1) **Fizzy Lemonade**

Jump up and down or shake your body as fast as you can for as long as possible. Now, stop and feel your body fizzing like lemonade.

- This exercise helps you feel the energy in your body and helps you to notice the difference between moving and relaxing.

2) **Pencil**

Stand or sit up tall, with your legs together. Raise your arms above your head and clasp your thumbs together with your fingers pointing upwards. Stand very tall and stretch your whole body, squeezing your legs together and squeezing your arms against your ears. Squeeze your whole body as tight as you can. After about 10 seconds of squeezing tight, let your arms go and relax.

- This exercise shows you how a good stretch held for a few seconds can help you feel relaxed and energised.

3) **Butterflies**

Give yourself a massage and let your finger lightly flutter like a butterfly all over your face, neck, chest and arms.

- This exercise shows you how a gentle massage can help you feel better.

4) **Thumb Massage**

Hold your left hand with your right hand, placing your right thumb in the middle of your left palm. Very gently, stroke and circle your thumb around your palm.

- This exercise is to help you feel relaxed. You can do this whenever you are feeling stressed or anxious.

5) **Icy Breaths**

Imagine you are blowing on a cold window. Take in a deep breath, open your mouth and breathe out very slowly and steadily. Can you see how misty the window is? Repeat the exercise.

- This exercise is to help you control your out breath to help you feel relaxed

6) **Bubble Breaths**

Imagine you are blowing bubbles of peace into the room. Imagine you have a pot of bubble liquid. Take in a breath. Slowly and gently blow bubbles into the room. As you blow out the bubbles, imagine they are filled with peace and the whole room is filling up with peace. Do you feel peaceful?

- This exercise is to help you use your breath and your imagination to become relaxed.

7) **Balloon Breaths**

Imagine you are blowing up a balloon. Take in a deep breath, and steadily and slowly blow up your huge balloon. See the balloon getting bigger and bigger and bigger. Now close your eyes and imagine the balloon floating into the air. As you stand there, feel yourself becoming very quiet and peaceful. Repeat this exercise 2 or 3 times. When you are feeling cross, you can blow up the balloon, fill it with cross thoughts, put it on the floor and stamp on it.

- This exercise is good to help you focus on breathing deep into your stomach to help you relax.

8) **Affirmation**

Close your eyes and say to yourself quietly, I am calm, I am quiet, I am peaceful, I am calm, I am quiet I am peaceful

- This exercise is good for you to learn how to use your thoughts to help you feel relaxed and peaceful.

9) **Butter on Toast**

Lie down on the floor and imagine you are a piece of butter melting on warm toast. Feel the whole of your body sinking into the floor as the butter melts. Enjoy the feeling as you relax all your muscles

- This exercise is good for helping you to focus on relaxing your muscles

10) **Body Relax**

Sit or lie and stay as still as you can. One by one, ask or command each part of your body to relax and be still. Relax your left leg, relax your right leg, relax your stomach, relax your back, relax your left arm, relax your right arm, relax your shoulders, relax your neck, relax your head.

- This exercise is good for helping you to concentrate and teaching you to relax yourself

11) **Tension/Relaxation**

Imagine you are holding something precious and you don't want to let go. Clench your hands as tight as you can and then relax them. Repeat this exercise.

- Benefits: self-awareness and encourages children to understand the difference between tension and relaxation

12) **Shoulder and Scalp Massage**

Give your head and neck a massage. Rub, pat, stroke and tap your scalp with your fingers. Massage one shoulder with the opposite hand.

- Benefits: improves circulation stimulates lymphatic system, helps relax muscles and calms the nerves

13) **Floating Tongue**

Hold your tongue in your mouth for as long as you can without letting it touch any part of your mouth. Now, clench your jaw tight and relax it slowly. Let your tongue and jaw completely relax.

- Benefits: decreases muscle tension and mental tension

14) **Long Breaths**

Take in a deep breath, put your lips together to make a small O and let out a soft slow and steady breath. Repeat 3 times.

- Benefits: helps calm the nerves and allows fresh oxygen to the system

15) **Deep Breaths**

Take in a deep breath for a count of four. As you breathe in, breathe right into the stomach and try to keep your shoulders down. Hold for count of four and breathe out for a count of eight. Repeat this 4 times.

- Benefits: develops concentration and clarity

16) **Rock**

Sit down in a kneeling position, with your hands placed firmly on your knees. Keep your back and arms as straight as you can. Imagine you are a rock standing totally still in the sea. Feel the cool sea water swirling around the bottom part of you. It feels so cool and refreshing. Take in a deep breath of fresh sea air, and breathe out. Each time you breathe in and out, feel your whole body becoming calm and still.

- Benefits: brings rest to the mind, aids digestion and sleep.

### 17) **Happy Place**

Close your eyes and think of a peaceful and relaxing scene. Try to imagine all the small details. What can you see?, what can you hear?, what can you feel? See yourself completely peaceful, content and happy and safe. Stay in this place for as long as you wish. Now, put your thumb and first finger together. Hold it for 10 seconds. This is an anchor and whenever you need to get back to your safe happy place, you simply have to hold your thumb and first thing together tightly and let your mind drift back to your Happy place and let the peaceful content feelings wash over you again.

- Benefits: encourages imagination, healthy mind and helps children manage worries

### 18) **Affirmation**

Repeat to yourself I am relaxed, calm and peaceful, I am relaxed, calm and peaceful, I am relaxed, calm and peaceful.

- Benefits: develops self-esteem and motivation

### 19) **Squeeze and Relax**

Take in a deep breath and as you breathe in, squeeze all the muscles in your body. Now, breathe out and relax all the muscles in your body. You can try this exercise going round the body and squeezing each limb separately. Squeeze your face into a tight ball and release, pull your shoulders up and release, pull your tummy in and release, squeeze your arms against your body and release, squeeze your legs together and release, squeeze your toes together and release. As you release, feel all the tension melting away.

- Benefits: increases self-awareness and decreases anxiety and tension

### 20) **Big Balloon**

Close your eyes, be very still and imagine that you are holding a big balloon. It is very light. It feels very smooth. The balloon is in your favourite colour. Now hold the bottom of your balloon, and feel the balloon gently rising into the sky. Each time you breathe in and out, you gently glide further and further into the warm summer sky. The deeper your breath is, the further you can travel. Enjoy this feeling of weightlessness. Enjoy the feeling of being completely free. Your body feels weightless and free and your mind feels totally free.