

Body Tuneup

Ask child to close their eyes, take a few deep breaths. Focus them: “Listen to your own breathing. Listen to the air as it goes in through the nose and out your mouth. Slow your breathing down. Breathe in while I count to 5, hold for 5, exhale as I count to 7.”

“Notice the parts of your body that are touching the floor, the seat. Can you feel your back on the chair? Notice your hands, shoulders, ears. Check your body like a mechanic checking a car.”

“If you find any tight parts that hurt, talk to the part saying ‘Hello, it is okay to relax.’ If you find any part that feels sad, you can say ‘Hello, it is okay to feel sad.’” End this exercise by saying “Hello brain, get ready to learn!”