

# Relaxation Tools for Kids

1. Mindfulness: to increase awareness of thoughts, emotions, or physical body sensations that come before the symptoms of stress. Helps get to the root of the problem.
  - ♦ Everyday Blessings: The inner work of mindful parenting, Myla Kabat-Zinn and Jon Kabat-Zinn
  - ♦ Each Breath A Smile, Thi Hop and Dong
2. Positive Thinking: thought tracking to free from negative thinking.
  - ♦ Mind Coach, Dr. Daniel Amen
  - ♦ You Are Not Your Thoughts, Brian Despard
  - ♦ The Kid's Guide To Social Action: How To Solve The Social Problems You Choose--And Turn Creative Thinking Into Positive Action, Barbara A. Lewis
  - ♦ The Optimistic Child: A Proven Program to Safeguard Children against Depression and Build Lifelong Resilience, Martin Seligman
3. Books that build skills and inspire.
  - ♦ Don't Pop Your Cork on Mondays, Adolph Moser (series)
  - ♦ What to do when... (worry, sleep problems, anger, negativity, etc), Dawn Huebner (series)
  - ♦ Facing Fear Without Freaking Out, Trevor Romain (series)
  - ♦ I Believe in Me: A Book of Affirmations, Connie Brown
  - ♦ Let's Be Friends: A Workbook to Help Kids Learn Social Skills & Make Great Friends by Lawrence E. Shapiro
  - ♦ Raise Your Child's Social IQ, Cathi Cohen
  - ♦ Raising an Emotionally Intelligent Child: The Heart of Parenting, John Gottman
4. Create relaxation rituals: Ex. Bedtime bath, soft blanket, affirmations book or write one thing you are grateful of today, lavender pillow, music, etc.
  - ♦ Indigo Dreams: Relaxation and Stress Management Bedtime Stories for Children, Improve Sleep, Manage Stress and Anxiety by Lori Lite
  - ♦ The Most Soothing Lullabies in the Universe CD
  - ♦ Starbright: Meditations for Children, Maureen Garth
  - ♦ The Relaxation & Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety & Transitions, Lawrence Shapiro
5. Give kids tools for expression of emotions: Ex. anger – you may scream in a pillow, hit a pillow while you are in your room, stomp on the basement floor, squeeze/release your feet or your whole body, dance, take deep breathes; sad – ask for a hug, pet the dog, snuggle your blanket, draw, write, talk
  - ♦ Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children, Linda Lantieri and Daniel Goleman
  - ♦ Raising An Emotionally Intelligent Child The Heart of Parenting, Ph.D. John Gottman, Joan Declaire and Daniel Goleman
  - ♦ Don't Rant & Rave on Wednesdays, Adolph Moser (series)
6. Yoga Awareness /Physical Release of Stress
  - ♦ Yoga Calm for Children: Educating Heart, Mind, and Body, Lynea and Jim Gillen
  - ♦ Storyland Yoga: Interactive Family Fun (ages 3 to 8), Ahmed Fahmy
  - ♦ Thera-Flex Therapy Putty - 1 lb by Thera-Flex
7. Relaxation CDs: teaching self-soothing to reduce the need for movement/chatter to soothe, or adrenaline rushing activities like pushing people's buttons.
  - ♦ Rainbows and Sunshine, Airy Melody Music (ages 6-11)
  - ♦ Indigo Ocean Dreams: 4 Children's Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness

**Helping people bring structure and calm to chaos.**

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