

# My First Book of Relaxation Techniques for Children



Pearnel Bell PhD

*Sometimes even kids feel stress and feel nervous  
Here are some ways you can make nervousness go  
away.*

First it is important you tell your parents how you are feeling. They will help you feel better.



You can also get a stuff toy and cuddle the toy; this could make you feel calm.



You could also take a blanket and wrap around you to find some comfort and to calm you down.



You could ask to go to the beach with your parents and sit on the sand and watch the waves and say to yourself I am calm; I do not need to worry everything will be okay.



While at the beach you could search for seashells and count them.

Ask your parent to take some toys with you to the beach and make a sand tray and put your toys in the tray the way you want them to be. Do this several times and it could make you feel calmer.



Do you have a tree in your yard ? Have a tree or a flower garden in your yard go under the tree and think about something nice that happened to you and smile, laugh out loud and then smile again . Notice the beauty around you the shapes of the different flowers, their smell and the different colors.



Walk peacefully in the garden and notice your breathing evenly in and out. Notice how beautiful everything is and give thanks this will make you feel better.



READ MY FIRST BOOK OF RELAXATION TECHNIQUES FOR  
LOTS MORE IDEAS ON HOW TO CALM DOWN.