



RMPTI

Parent Resource Package

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6. Wave Breathing
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Handouts:

1. Anxiety Information for Parents
2. The Anxious Child (booklet)

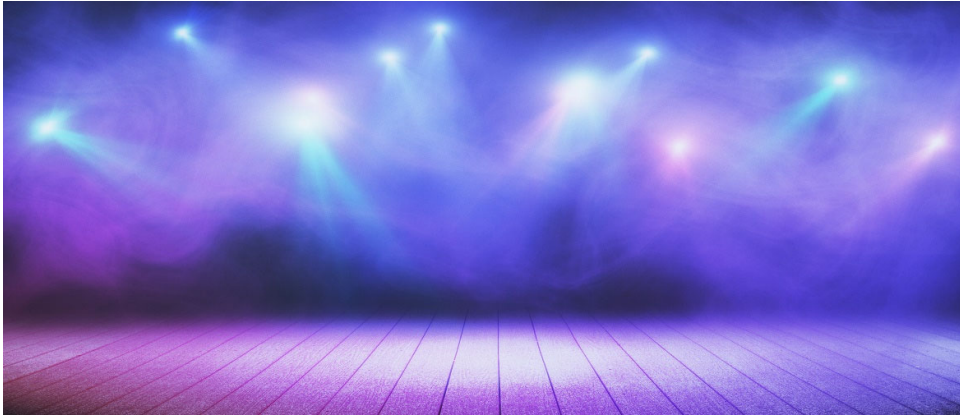
Additional Resource Websites to Visit:

<https://childmind.org/topics/anxiety/>

<https://www.anxietycanada.com/free-downloadable-pdf-resources/>



Looking For Highlights



The process of identifying and sharing highlights. Highlights can be small and simple such as having received a hug in the morning from a parent, something you saw/experienced in nature like jumping in a puddle or making a snowball, a joyful moment in a sport/game, something you did well like finishing an assignment, getting a great mark, etc.

Highlight Circles – Each child can act out or share a highlight in a group

Highlight Charades – Acting out a highlight

Highlight Pictures- Draw or paint a picture of a highlight – then share

Highlight Pictionary – Small group activity – draw a highlight on the board and the group must guess what it is

Cooperative Highlight Egg Pass – write a highlight on a piece of paper and place it in a plastic egg. Pass the egg to the person on the left and keep passing until leader says stop. Everyone opens their egg one at a time- reads it out and guesses to whom it belongs

Highlight Hunt- Everyone writes or draws a highlight on a piece of paper. Then you must go around and find someone that has the same or similar highlight to you

Highlight Bag/Jar – Leave the highlight bag/jar in the family home or classroom. Children are encouraged to drop highlights in all day. If someone in the class is having a bad day – they can go to the highlight bag to look for a little highlight.

Terry Orlich, 1998



Umbala Kiki (Tree It)



There was once a girl who lived in a little jungle village in a country called Papua New Guinea. The people in the jungle village lived in little huts made from trees and leaves. The people had no electricity, TVs or stoves or bathtubs. The weather was warm all the time and there were lots of fruit trees and gardens and birds and rivers and streams. The people were very nice and friendly and the children loved to play together outside. They laughed a lot and had lots of fun playing.

The girl noticed that when the children finished playing games, all the kids on both teams got together in a circle. One of the children gently touched every other child on the arm or the shoulder, one by one and said, “umbala kiki”, “umbala kiki” which means “I take if from you”, “I take if from you”. The child then placed her hand on a nearby tree. The reason the child did this was to take away any unhappy feelings, worries, or anger that may have come up during the game. This was a way of taking away bad feelings, just in case any of the kids who were playing were feeling bad. They called it “Treeing it”.

The village Chief (who was 110 years old) told the girl who was watching that the village people had been doing this for many years. The Chief said that “treeing” unhappy thoughts helps people to continue to live happily with each other and with themselves.

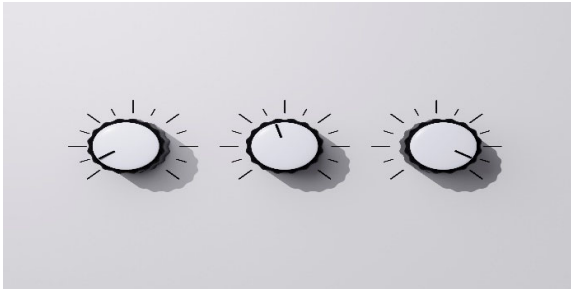
Now you can use “tree it” in lots of good ways too. If you are ever feeling worried or upset about something in a game, or at home or in school, walk over to a tree, a wall, or a desk and “tree it”. As you touch the wall or desk or tree, imagine yourself putting all your worries, or tension or unhappy feelings in the tree or wall. Then turn around and smile, knowing you have let your worries go... you are free to be positive and happy.

Other ways you can “Tree it”... Put your worries/bad feelings in:

- Water and pour them down the drain
- Put them in a rock and throw the rock
- Into a desk
- Into a locker
- A bench
- In a jar – add something to the jar and shake – wash away worries

Terry Orlick, 1998

Changing Channels



Get yourself into a comfortable position. Let yourself relax. Breathe easily and slowly. Close your eyes and just listen to my voice. In some ways you are like a TV. You have lots of different channels inside your head- happy channels, sad channels, worry channels, scary channels, fuzzy channels, focussed channels, good (positive channels), bad (negative) channels, tense channels, and relaxed channels. All of these channels are inside your head. The great thing about being a person and not a TV is that you can decide which channel you want to be on today. You have a remote control switch inside you. If you are on a channel that makes you worried and you don't feel like being worried, you can switch the channels by thinking about something positive, good, happy, relaxed, fun or funny. If you are on a grumpy (or negative) channel and would prefer to be on a happy (or positive) channel, you can switch channels by thinking about a highlight or by doing something happy or positive.

When you first try to change channels you can actually put the button on the remote control channel changer as you try to switch channels in your own mind. Later on you can change channels by imagining that the remote control switch is in your hand. Press your thumb against your first finger as you try to change channels in your mind. You can get really good at changing channels by practicing everyday. Imagine that the control switch is inside your head so you can change channels or shift focus anytime you want just by thinking about something relaxing or positive.

You can also:

- Make remote controls – out of blocks or other materials
- Transform images – from a scary to a funny image
- Make a button on the child's index finger – push it with the thumb
- Play with volume control as well... turn way down

Terry Orlich, 1998

Relaxation



Spaghetti Toes

Give children practice at thinking “into” different body parts. Begin by reminding a child of a cooked piece of spaghetti. There are lots of games you can play with your body. I wonder how good you are at talking to your toes? I’ll bet you are pretty good – let’s find out.

Tell the toes on one of your feet to wiggle. Are they wiggling? On just one foot? Good. Now tell these toes to stop wiggling. Tell the toes on your other foot to wiggle. Tell them to wiggle slow... faster... and real slow again...slower...stop. Did your toes listen to you? Good.

If you talk to different parts of your body, like you just did with your toes, your body will listen to you...especially if you want to talk to it a lot. I am going to show you how you can be the boss of your body by talking to it.

First, I want to tell you something about spaghetti. I like spaghetti. I’ll bet you do too. Did you ever see spaghetti before it is cooked? It’s kind of cold and hard and stiff and it’s easy to break. When it’s cooked it’s warm and soft and it kinda lies down and curls up on your plate.

I want to see if you can talk to your toes. Get them to go soft and warm and sleepy like spaghetti lying on your plate. You might have to talk to them quite a bit to make them know what you want them to do, but I they can do it.

Wiggle your toes on one foot. Now tell these toes to stop wiggling. Tell them to go soft and sleepy like warm spaghetti lying on your plate. Now wiggle the toes on your other foot. Stop wiggling. Turn those toes into soft spaghetti. Good.

Spaghetti Toes (Relaxation Continued)



You can continue this activity...

Wiggle one leg

Wiggle your fingers on one hand

Wiggle one arm

When you are worried or scared, or when something hurts, your toes and your hands and muscles get kinda hard and stiff, like hard spaghetti before it's cooked. If you are worried, scared or something hurts you, you feel a lot better and it doesn't hurt so much if your hands and toes and muscles are like warm soft spaghetti lying on a plate. If you practice your spaghetti toes, you'll get really good at it. Then you can tell your hands and toes and muscles to help you by going warm and soft and sleepy, even if you are worried and something hurts.

Terry Orlich, 1998

Clocking Pulse



Children really enjoy taking their pulse rates before and after relaxing. It is a good way for them to see the effect that relaxation has on the body. First show them how to find their own pulse by gently placing the tips of their two fingers on the underside of their wrist. If they stretch out all their fingers on one hand with their palm facing up, and look at their wrist, they will see 2 lines (tendons). There is a little dip there and that's where they will find their pulse. They can also find their pulse in the front part of their throat, on either side of their neck. Find your own and then help them find theirs.

Before and after relaxation exercises have the children take their own pulse rates for 30 seconds or 60 seconds. Give them a signal to start and stop and let them record their findings. If you have access to a heart rate monitor- children love using them when doing their relaxation and imagery exercises.

Terry Orlich, 1998



Relaxation



Ocean Wave Breathing

You can play the ocean sounds video throughout this visualization to create relaxed focus.

- Lie on your back, relax your legs long and arms by your side with palms facing up. (This can also be done seated comfortably on the floor or in a chair.)
- Close your eyes and allow your body to sink into the floor. Be very still and very quiet.
- Connect to your breath – gently inhaling and exhaling. Let your body completely relax.
- We learn ocean breathing by breathing in and out through of our mouths. As you breathe in, feel the air moving over the back of your throat. As you breathe out, whisper "ahhh" as if you were fogging up a mirror or a pair of glasses. Notice the slight constriction at the back of your throat that creates that sound.
- Continue to breathe with your mouth open until you can also notice the slight constriction occurring on the inhale as well.
- When you feel comfortable, close your lips and breathe in and out through your nose while maintaining the slight constriction at the back of the throat.
- See if you can make your breathing long and smooth, matching the length of your inhale and your exhale. Allow the sound of the "ocean" to soothe and focus your mind.

Ocean Wave Breathing (Continued)

- As you breathe in deeply, feel your belly and ribcage expand and imagine a wave rushing in and filling you up. As you breathe out, feel your belly fall and ribs relax together and imagine the wave receding from the shore.
- Continue this breathing and visualization for as long as you like (3-5 minutes) and then allow your breathing to return to normal.
- Imagine the waves have washed you to shore and you lie safe on a beach of warm, soft, white sand. Allow your whole body to sink into the sand below you.
- You feel a soft breeze on your face. You feel the warm sun on your body.
- What do you smell? The smell of salt air, the fresh breeze, or the cool crisp water?
- What sounds do you hear around you?
- Continue to notice anything that is present around you, in your breath and in your body.
- Relax as long as you like and then slowly wiggle fingers and wiggle toes. Hug your knees to your chest and curl up like a little ball. Give yourself a big hug, roll to one side and slowly sit up.

Give children the opportunity to draw or share how they feel after the relaxation. Or you can pass around a breathing ball or talking stick and have everyone take a turn to share how they are feeling.

Echo Lake



Lie down and stretch yourself out in a comfortable position. Let yourself relax. Breathe easily and slowly. Breathe in slowly; feel the cool air move into your body. Breathe out slowly. Feel the cool air move into your body. Breathe out slowly; feel the warm air leave your body. Breathe in slowly feel the cool air. Breathe out slowly; feel the warm air. Good.

Now I want you to listen to my voice. We are going to play a game called echoes. I will be the voice and you will be the echo. Whatever you hear me say, you say out loud after me, just like an echo.

- *I am relaxed*
- *I am breathing easy*
- *I feel good*
- *I like me*
- *I do lots of good things*
- *I am strong*
- *I am healthy*
- *I learn things quickly*
- *I am smart*
- *I am the boss of my body*
- *If I talk to my body it will do what I say*
- *I like to try new things*
- *I know I can do many good things if I try*
- *I feel good today*
- *I am special I am a good person*
- *I am a good echoer*
- *My echos are now inside me*
- *Today I feel strong and happy*
- *I will enjoy this day*

Repeat this exercise on a regular basis. Mornings.... Before bedtime.
You can make up new positive statements as you go on.

Terry Orlich, 1998