
How Are You Feeling Today?



EXHAUSTED



CONFUSED



ECSTATIC



GUILTY



SUSPICIOUS



ANGRY



HYSTERICAL



FRUSTRATED



SAD



CONFIDENT



EMBARRASSED



HAPPY



MISCHIEVOUS



DISGUSTED



FRIGHTENED



ENRAGED



ASHAMED



CAUTIOUS



SMUG



DEPRESSED



OVERWHELMED



HOPEFUL



LONELY



LOVESTRUCK



JEALOUS



BORED



SURPRISED



ANXIOUS

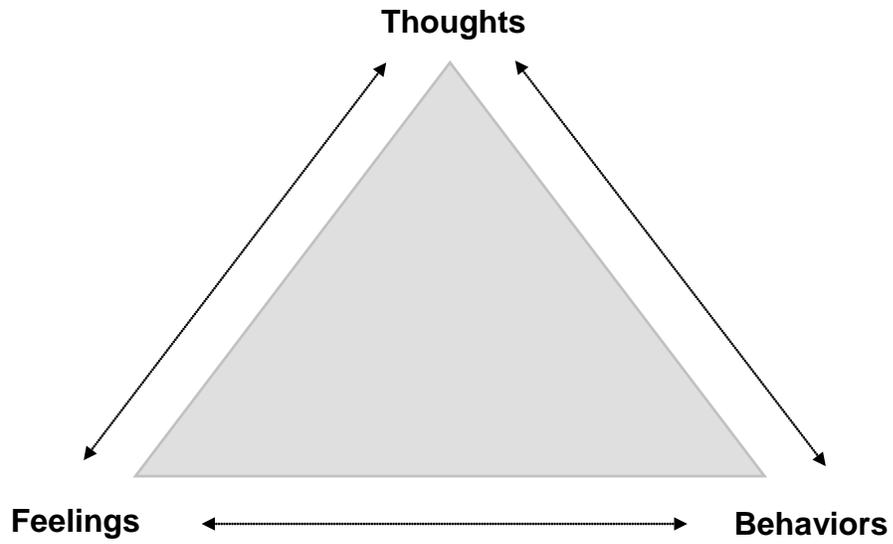


SHOCKED



SHY

How It's all Related...



Child Relaxation Script

I'm going to ask you to relax.
In a few minutes, I am going to say some things that I hope will help you
create a picture in your mind...
I am also going to ask you to relax different parts of your body.
Learning to relax will help you cope with angry, sad, and scary feelings.
Find a comfortable position in your chair, not touching anyone,
and take in a few relaxing breaths...
Close your eyes and relax...
Wiggle a little bit and make yourself comfortable...
Alright, take a few more relaxing breaths...
breathe in...and breathe out...breathe in...and breathe out.
That's it – you are feeling peaceful.
If you were angry, you can picture yourself moving from hot to cold on the thermometer.
Becoming more and more relaxed, cold, peaceful.
Now, with your eyes closed, pretend that you are on
a white fluffy cloud, high in the sky on a beautiful day.
You are floating peacefully on that white fluffy cloud...
moving very slowly...you are as light as a feather...
and the fluffy cloud holds you safely...floating across the sky.
Now, as I count from 1 to 3, imagine that you are
sinking deeper and deeper into that cloud...so the cloud is all around you.
1...2...3
you are enjoying the ride on the cloud.
Now, notice your toes and feet, how relaxed they feel...
notice your legs...all the muscles in your legs are light
and relaxed on the cloud...notice your arms...
Notice your neck...notice your head...
now you are totally relaxed...floating on the fluffy cloud...
Remember that you can return to your very own cloud
whenever you feel like you need to calm down and relax...
Whenever you need to cool off...move from hot to cool on the thermometer...
Now, we are getting ready to stop our ride on the cloud.
We will stop on the count of three...1...2...3
Open your eyes and stretch a little.

Discussion of the Relaxation Experience:

- ✧ “How did you feel doing this activity?”
 - ✧ “What did you like best? Least?”
 - ✧ “How could you use this activity?”
 - ✧ “What are the benefits?”
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Active Relaxation

Most people are not aware that when they are upset or agitated, one or more of their muscle groups are tense, and their breathing is rapid and shallow. If we can learn to control our muscle tension and our breathing, we can teach our bodies to stay relatively calm and relaxed even in upsetting situations. The following is a procedure for achieving relaxation quickly. By practicing every day, within two to three weeks, you will be able to relax your body by simply saying, "Relax," to yourself in real life situations with your child and in other stressful situations as well.

1. Get comfortable in your chair. Place your arms on the arms of the chair. Close your eyes and keep them closed throughout the entire exercise.
 2. Become aware of the various muscle groups in your body (e.g., hands and arms; face, neck and shoulders; chest and stomach; hips, legs, and feet).
 3. Bend your arms at the elbow. Then, make a tight fist with both hands while tightening biceps and forearms. Hold for 5 seconds. Pay attention to the tension. Then relax. Pay attention to the relaxation.
 4. Tense your entire face and shoulders, tightly shut your eyes and wrinkle your forehead, pull the corners of your mouth towards your ears, tighten your neck and hunch your shoulders. Hold for 5 seconds. Pay attention to the tension. Relax. Pay attention to the relaxation.
 5. Take in a deep breath and arch your back. Hold this position for 5 seconds. Now relax. Take in another deep breath and press out your stomach. Hold..... and relax.
 6. Raise your feet off the floor while keeping your knees straight. Pull your feet and toes back toward your face and tighten the muscles in your shins. Hold...and relax. Now, curl your toes down toward the floor, tighten your calves, thighs and buttocks and hold.....and relax.
 7. Scan each muscle group in your mind and relax any tense muscles.
 8. Now, become aware of your breathing. Slow your breathing down as you breathe in and out, in and out.
 9. With your next deep breath, count slowly from 1 to 5 as you breathe in and count from 6 to 10 as you breathe out. Your stomach should expand and deflate with each breath.
 10. Repeat this deep, slow, breathing...in and out...in and out... Stop when you are feeling deeply relaxed.
 11. Say the word, "Relax" to yourself approximately 20 times every time you exhale.
 12. Now, gradually let your breathing return to normal and open your eyes.
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