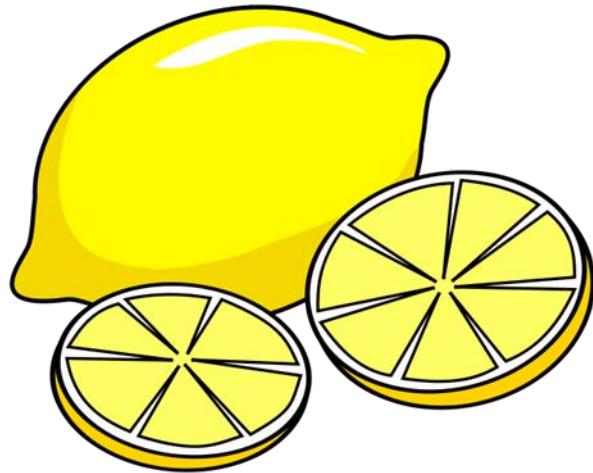


Calming Ideas

Special Educational Needs Early Years Inclusion Service

Lemons



- Pretend to reach up to a tree and pick a lemon with each hand.
- Squeeze the lemons hard to get all the juice out – squeeze, squeeze, squeeze.
- Throw the lemons on the floor and relax your hands.
- Then repeat, until you have enough juice for a glass of lemonade.
- After your last squeeze and throw, shake out your hands to relax!

Lazy Cat



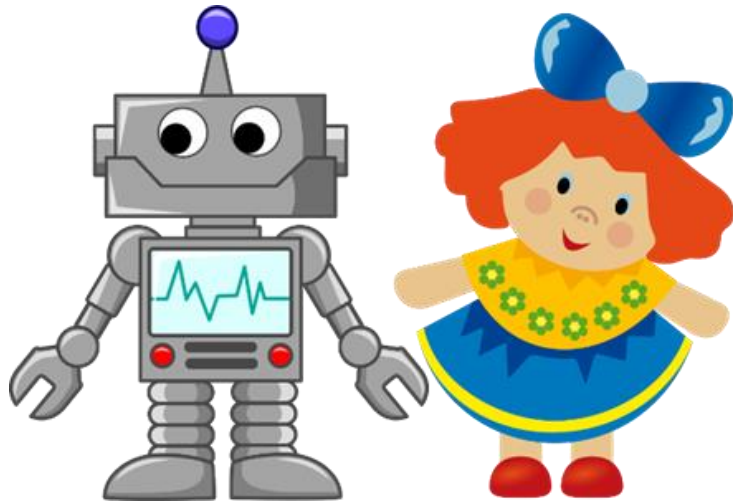
- Pretend you are a lazy cat that just woke up from a lovely, long nap.
- Have a big yawn.
- Now stretch out your arms, legs and back – slowly like a cat – and relax.

Tall as a Tree, Wide as a Gate



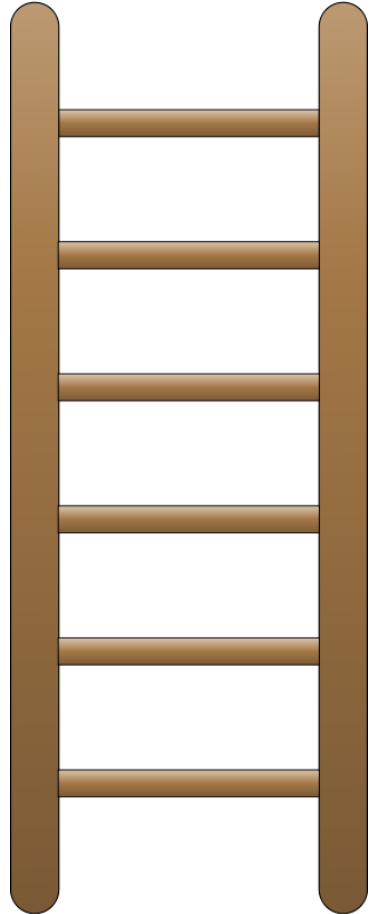
- Stretch fingers up to the ceiling, standing on tip toes.
- Hold for 10 seconds.
- Return to standing.
- Stretch arms out as wide as possible.

Robot & Rag Doll



- Tense all muscles in your body like a robot.
- Hold for 10 seconds.
- Relax all your muscles like a rag doll.

Climb the Ladder



- Stand still with legs slightly apart.
- Move arms and legs as if climbing a ladder.

Cue Cards

- Cut out these cards and present each time you practise the calmers.

