

Sensory Relaxation Guide for Kids & Families

RELEASE PHYSICAL TENSION

Gentle movement and yoga stretches help release tight muscles, reduce stress, and improve comfort for both kids and adults. Moving mindfully supports balance, flexibility, and body awareness.



RELEASE MENTAL TENSION

Breathing exercises and creative activities help calm the mind, improve focus, and bring attention to the present moment. These tools help children and adults manage stress and emotions more easily.



INTEGRATION

Practicing movement, breath work, and mindful activities together as a family helps make self-regulation a normal part of daily life. Over time, children build confidence, body awareness, and skills to manage stress independently.





Pause and Breathe.



TRACE WITH YOUR FINGER AND BREATHE.

Mantras:

- Kindness begins with me.
- I breath in peace,
I breath out the worries.
- Every cell in my body is
strong and well.

RELEASE THE PHYSICAL TENSION

NOTICING & SOFTENING THE BODY

Notice and soften the feet, legs, hips, torso, shoulders, face, forehead, and jaw.

INVITE RELAXING MOVEMENT

Upward mountain (upward bend)	
Forward bend	
Seated twist (twist to the right, then twist to the left)	
Seated forward fold (hamstring release)	
Seated butterfly	
Reclined butterfly	
Reclined squat	
Reclined twist	

- Tap the body gently while saying an affirmation such as, 'Every cell in my body is well and strong'.
- Body shake, shake the arms, shake the legs.

RELEASE THE MENTAL TENSION

MINDFUL AWARENESS

Focus on your senses: What do you see, hear, feel, smell, or taste? Notice if your body is still or gently moving.

MINDFUL DRAWING & SENSORY TRACING ACTIVITIES

MINDFUL DRAWING WITH BREATH WORK



1. Grab a pen, breathe in do a stroke, breathe out do another stroke. Breathe slowly with each stroke.
2. Allow shapes to flow naturally with your breath.
3. Draw for about a minute and adjust as needed.

SENSORY TRACING FOR CALM & FOCUS



1. Place your palm on a textured surface that feels soothing.
2. Inhale as you move your hand one way, exhale as you move it back.
3. Focus on the breath and sensation for a minute, or so.

BREATHING EXERCISES

BALANCING BREATH (1:1 RATIO)



1. Breathe in for 1, 2, 3, 4
2. Breathe out for 1, 2, 3, 4
3. Repeat for up to a minute, or longer if needed.

CALMING BREATH (1:2 RATIO)



1. Breathe in for 1, 2, 3, 4
2. Breathe out for 1, 2, 3, 4, 5, 6, 7, 8
3. Repeat for up to a minute, or longer if needed.

CREATIVE ACTIVITY FOR RELAXATION

WORRY BOX craft.

SUPPLIES:

1. Get a tissue box, or a shoe box.
2. Decorate it with stickers, wrapping paper, color it
3. Label it: **WORRY BOX**

INSTRUCTIONS:

1. Do the calming breath
2. Write or draw what worries and/or overwhelms you in a piece of paper.
3. Fold it, crumble it, or rip it apart and place it inside the **WORRY BOX**
4. Do another calming breath
5. Empty the **WORRY BOX** and repeat as often as needed.



Questions? Email us at hello@fernvibes.com. More resources on www.FernVibes.com