

Chill Routine - Hints & tips



- Children love it when mum or dad join in
- If a child is extremely stressed/resistant, they may need mum or dad to join in to motivate them

Ways to use this routine

The Chill Skills activities work **great** when done individually and **awesome** when done together as a routine.

Some ideas.....

Do this routine in the morning	Do this routine in the evening	Listen to the meditation story at night	Do one of the activities throughout the day



Creating a relaxing space for quiet time

Turn off the television, radio, phones and any other distractions. Make a space for kids to lay down, a yoga mat or blanket/towel to lay on with a small cushion is ideal. Having a soft light such as a nightlight or lamp rather than bright lights can be more calming.

Creating the space will demonstrate to children the respect given to their special quiet time for them to relax.

Hints for creating a calm space.....

- Have calming colours in the room, e.g., soft green, blue, pink and mauve
- Avoid bright stimulating colours such as red