

METROCARE SERVICES GUIDEBOOK RELAXATION SKILLS

The following strategies and suggestions have been specifically created to assist you in utilizing the songs and videos while working with your child.

RELAXATION CATEGORY:

Earth Is Our Home

- Use as a wake up song.
- Good for before or after lunch, recess, or specials because those tend to be chaotic times.
- During a calm down time for the student any time necessary.

Cotton Candy Clouds

- Bedtime...use a time for something that needs to get done...changing into pjs and putting away clothes, brushing teeth, etc.

Peaceable Kingdom

- Because it's longer...could be used as a timer for something they enjoy doing, but takes longer than it should.

Weave

- Bedtime...use a time for something that needs to get done...changing into pjs and putting away clothes, brushing teeth, etc.

Breathe In, Breathe Out

- Breathing in and out can really help us relax – let this song help you try it out! Then tell a friend how it made you feel...

Comin' Home

- Home is wherever we are safe and loved. Where do you feel safe and loved? Who helps you feel that way?

Good While It Lasted

- Things change in our lives – and even when they do, we still have our good memories. Do you have good memories to share?

If I Could

- Things change Good friends and loving family members always want to take away our pain. Who has helped with your pain? Have you ever helped someone with their pain?

It's Alright

- The care and love we share can make everything feel alright. Who or what makes you feel alright?