Learning how to relax is a skill that we can all benefit from learning. Breath control is an important part of being able to help our bodies and minds become relaxed and calm. The first thing that we did was to practice “bubble breathing”…in order to make lots of bubbles the children need to learn how to control their breathing and take long slow breaths.

Every day after lunch we practice relaxation techniques for @ 10 minutes. It takes time and practice to learn how to relax our body and calm our mind. The tricky part is being able to keep our eyes closed… wearing an “eye pillow” helps and if you or a family member likes to sew I have an easy to make “eye pillow” pattern.

For the relaxation techniques that I use please go to the March Newsletter link on the Blog.