

Healthy Living Relaxation



Children often need a quiet time to think and reflect. How do you facilitate this? Are there steps that you could take to further develop opportunities for the children to relax?

Task

Look at your room plans. Is there a quiet comfortable area for children to relax?

Ideas

- Provide a quiet corner with bean bags/soft chairs
- Play relaxing music
- Introduce simple yoga/relaxation techniques
- Use tactile furnishings to aid comfort
- Consider ways in which you can define the space e.g. through use of a tee pee, tent or large materials to create a cosy den.
- Now think of 3 more ideas