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CHILL SKILLS

The idea of chill skills is to give your pupils a chance for calming, to regulate their emotions, encourage focused attention and develop greater compassion.

Chill Skills:

Making the most of even the little moments during school can go a long way towards soothing stresses. Here are our favourite 5-minute chill skills to help your pupils keep their cool.

1: Fizzy Lemonade

Jump up and down or shake your body as fast as you can for as long as possible. Now, stop and feel your body fizzing like lemonade.

This exercise helps you feel the energy in your body and helps you to notice the difference between moving and relaxing.

2: Butterflies

Give yourself a massage and let your finger lightly flutter like a butterfly all over your face, neck, chest and arms.

This exercise shows you how a gentle massage can help you feel better.

3: Bubble Breaths

Imagine you are blowing bubbles of peace into the room. Imagine you have a pot of bubble liquid. Take in a breath. Slowly and gently blow bubbles into the room. As you blow out the bubbles, imagine they are filled with peace and the whole room is filling up with peace. Do you feel peaceful?

This exercise is to help you use your breath and your imagination to become relaxed.

4: Floating Tongue

Hold your tongue in your mouth for as long as you can without letting it touch any part of your mouth. Now, clench your jaw tight and relax it slowly. Let your tongue and jaw completely relax. This exercise decreases muscle tension and mental tension.

5: Rock

Sit down in a kneeling position, with your hands placed firmly on your knees. Keep your back and arms as straight as you can. Imagine you are a rock standing totally still in the sea. Feel the cool sea water swirling around the bottom part of you. It feels so cool and refreshing. Take in a deep breath of fresh sea air, and breathe out. Each time you breathe in and out, feel your whole body becoming calm and still.

This exercise brings rest to the mind, aids digestion and sleep.

6: Five Steps to Feeling Calm (use this as a guide to teaching your children)

1. Spread your hand and stretch your fingers out like a star. You can choose your left hand or your right hand. Pretend the pointer finger of your other hand is a pencil and imagine you are going to trace around the outline of your hand and fingers.
2. Start at the bottom of your thumb and slide your finger up your thumb, pause at the top, and then slide your finger down the other side. Now slide your pointer up your second finger, pause, and slide down the other side. Continue tracing your fingers up, pause, and down. Slide your finger slowly, watch your finger move and notice how it feels. Keep going until you have finished tracing your fifth finger (pinky).
3. Now you are ready to add some breathing. Breathe in through your nose and breathe out through your mouth. Remember to keep it slow and steady.
4. Place your pointer finger at the bottom of your thumb, and breathe in as you slide up. Breathe out as you slide down. Breathe in as you slide up your second finger, and breathe out as you slide down. Keep going until you have finished tracing your fingers and you have taken five slow breaths.
5. How does your body feel now? Do you feel calm or would you like to take another five?

7: Pebble Exercise

Give each pupil a pebble and ask them to put the pebble in their palm and feel it being completely aware of the pebble and nothing else. As they breathe in, feel as if they are breathing in coolness and feel as if they are breathing out coolness.

This exercise lets pupils see themselves as still **and cool and silent as a pebble.**

8: Still Life

Ask pupils to choose an object that is in the room - a water bottle or key or pen and look at it for 3-5 minutes. They have to look at it as if they have never seen it before. Look at how the light catches it and notice how it feels and how heavy it is. Get them to share their experiences after the time is up.

This exercise cultivates awareness and mindfulness.

9: Happy Place

Close your eyes and think of a peaceful and relaxing scene. Try to imagine all the small details. What can you see?, what can you hear?, what can you feel? See yourself completely peaceful, content and happy and safe. Stay in this place for as long as you wish. Now, put your thumb and first finger together. Hold it for 10 seconds. This is an anchor and whenever you need to get back to your safe happy place, you simply have to hold your thumb and first thing together tightly and let your mind drift back to your Happy place and let the peaceful content feelings wash over you again.

This exercise encourages imagination, healthy mind and helps children manage worries

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