

Personal Space –Summary

Creating a lovely relaxing happy place in our heads.

1. Identify a ‘relaxation number’ that describes how they feel right now. Zero corresponds to very relaxed, and ten is not relaxed at all.
2. Self-massage forehead and jaw with slow circular movements.
3. Send a relaxing breath to different parts of your body.
4. Send a relaxing breath inside your head.
5. Imagine a lovely relaxing outdoor space.
6. What do you see? What do you hear? What do you feel?
7. Make all of these sensations even more vivid by adding more colours, sounds and feelings.
8. Take time to enjoy this wonderful safe relaxing place you have created. Enjoy!
9. Find out what has happened to their relaxation numbers –if they can remember them!

RELATED ACTIVITIES AT HOME
<ol style="list-style-type: none">1. Put on some quiet music and enjoy sharing the Personal Space script with your child.2. If they’re happy to do so, let your child tell you about their Personal Space.3. Describe what you would see in your Personal Space.