**Relaxation**

* **Reading**
* *Sharing a story together which supports quality time together*
* *Reading independently (looking at pictures and text) teaches them the importance of solitude.*
* **Music**
* *Listening to calming music and paying attention to breathing*
* *Listening to audio books independently that promotes mindfulness and oral language.*
* **Mindfulness**
* *Instructional yoga ie Cosmic Kids Yoga*
* *Guided stretching ie with a family member*
* *Focus on breathing*
* *Cloud watching*

***Learning involved during relaxation may include:****Yoga supports children to calm their bodies, whilst still moving their body and listening to and following instructions.*

* ***Numeracy****: awareness of their body in space (spatial awareness)*
* ***Literacy:*** *following instructions, reflecting, respond to sounds and patterns in speech.*