

CHILDREN'S HOME SOCIETY OF CALIFORNIA

Family Child Care Home Education Network (FCCHEN)
Parent and Provider Resource: Activities for Distance Learning

Emotional Literacy and Self-Regulation

The following activity will support your child's learning while they are at home. Talk to your child and ask questions as you play. As your child listens to you, your child builds language and social skills, further reinforcing the concepts you are teaching. Match activities to your child's favorite books, songs, or toys to make them more meaningful learning experiences. Visit our website at www.chs-ca.org and click on the News and Events tab for more learning resources.

SCHOOL-AGE - Activity: Progressive Muscle Relaxation Exercise

What you need:

- Your voice
- A comfortable place to lie down

Optional: video from Children's Hospital of Orange County (CHOC) at <https://youtu.be/I0wVZlxe-O>

What to do:

- Watch the video from CHOC Hospital ahead of time for ideas of how to explain this activity to your child at <https://youtu.be/I0wVZlxe-O>
- Invite your child to join you in a relaxation break. Explain that you will practice making the muscles in your bodies tighten like uncooked spaghetti, and then relax like a cooked noodle
- Start with the toes and work your way up to the head
- Ask your child to scrunch and curl her toes as tight as she can while she takes a deep breath and you count to three. Then she can relax her toes while she breathes out and stays relaxed while you count to three again
- Next, breathe in and tighten the muscles in the legs, and then breathe out and relax
- Move to the hips, then stomach, back, arms, shoulders, neck, and finally the face
- Now ask her to hold all her muscles tight as you count to three, and then let them go loose
- Ask your child to describe how she felt before the muscle relaxation exercise and afterward

What the activity does:

- Teaches about muscle tension and muscle relaxation by controlling muscle groups and the whole body
- Practices a technique for relieving stress and building resilience
- Engages in critical thinking about emotions before and after the relaxation exercise
- Practices describing emotions and following directions

