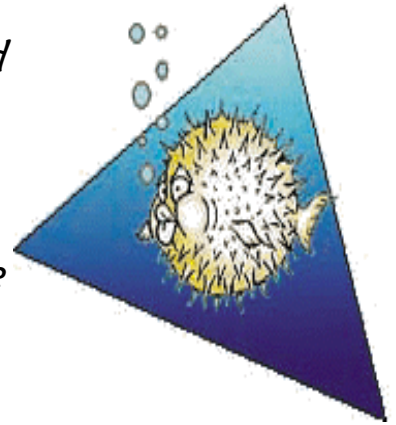


RELAXATION SCRIPTS FOR KIDS

Rationale: “Sometimes kids and grown-ups feel scared, nervous or upset. You just talked about feeling a little upset. We are going to practice doing some things to help us feel better when we think about upsetting things. You can do this at home to feel better.”

“Pretend you’re a big blowfish; take a deep breath and hold it for about 10 seconds. Hold it in like a big round blowfish. Now, let it out and watch the air bubbles float up through the water. Raise both of your hands about halfway above the chair, pretend that you are reaching for a colorful rainbow, and breathe normally. Drop your hands and relax.”



“Pretend you’re a turtle; take a deep breath and hold it for about 10 seconds. Now, like a turtle, stretch your head out of the shell and blow your breath out. Raise both of your hands about halfway above the couch, pretend that you are reaching for a colorful rainbow, and relax.”



*Resource: Deblinger, E. and Heflin, A.
Harborview CBT+ 03*