

Oak Specialist

Independent Living

Personal Care

Lesson 6 - How to relax

Building Understanding



Unit 2- Personal Care

Lesson 1- Five a day

Making a healthy smoothie using five fruit and vegetables.

Lesson 3- Turn taking

Games and activity suggestions to encourage turn-taking.

Lesson 5- Managing emotions

Recognising familiar emotions and identifying strategies to manage these.

Lesson 2- Morning hygiene routine

Identifying morning hygiene activities and creating a routine.

Lesson 4- Fine/gross motor circuit

Activity suggestions to encourage development of fine and gross motor skills

Lesson 6- How to relax

Activity suggestions to learn how to relax and self regulate.



Teacher notes- How to relax

Learning Intention: To explore different activities to promote self regulation and relaxation.

1. What does relaxation mean and why is it important?
2. Explore alerting and calming activities and how they can both help with relaxation. Examples of alerting and calming environments.
3. Activity suggestions to try- two alerting and two calming.
4. Create a relaxation choice board so learner can choose preferred activities.

Resources needed- resources for each activity suggestion found on individual slides



Safety notice

Some of the activities suggested in this lesson involve physical activity. Before beginning these activities, ensure the area is safe and that your learner is feeling fit and well to take part in the activity. Please also check your learner is wearing the right clothes for physical activity.



Lesson activity stages

1. What does 'relax' mean?
2. Alert and calm
3. Relaxing activities
4. Make a choosing board



Relaxing

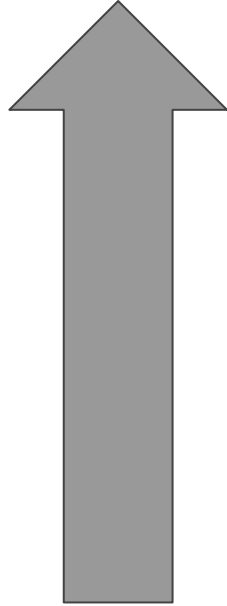
To relax means.....**To become less tense or anxious.**

Some people often need breaks throughout their day to help them focus, stay on track, or relax in order to self-regulate.

They may need support with choosing the correct activity.

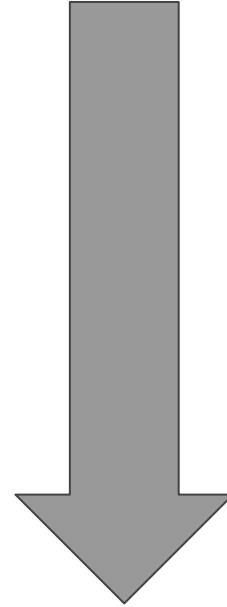


Alerting vs. Calming



**Alerting sensory input increases
motivation and alertness**

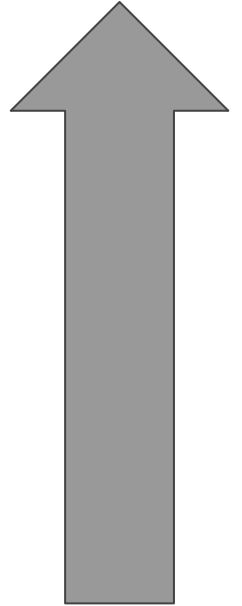
**Calming sensory input de-escalates
arousal level and over-stimulation**



Alerting

Alerting activities can help us to self regulate our emotions.

Alerting activities can help us to relax through movement.



Alerting



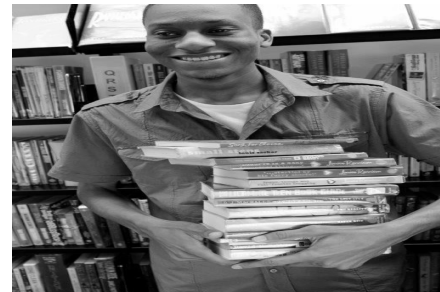
These are some activities of alerting strategies that may help you to relax. Can you try some of them? Speak to your Occupational Therapist for more specific information and support.



Running



Jumping



Carrying heavy items



Cold water on body



Push ups off the wall or floor



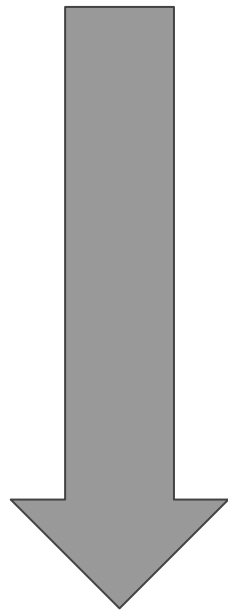
Dancing to quick tempo music



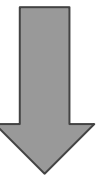
Calming

Calming activities can help us to self regulate our emotions.

Calming activities can help us to relax by slowing down.



Calming



These are some activities of calming strategies that may help you to relax. Can you try some of them? Speak to your Occupational Therapist for more specific information and support.



Being wrapped in a blanket



Swinging



Watching a fish tank



Deep pressure/massage



Chewing chewy foods

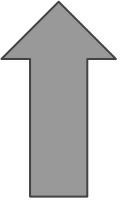


Tent or enclosed space



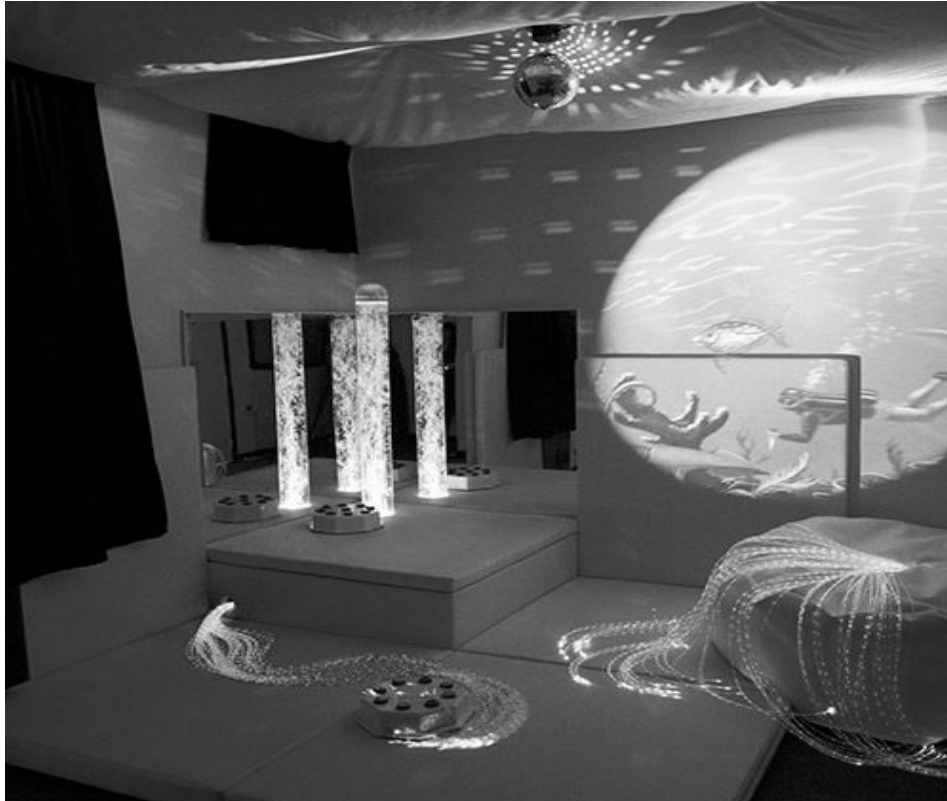
Relaxing alerting environment

Here is an example of an environment which can offer alerting activities.

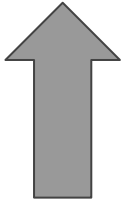
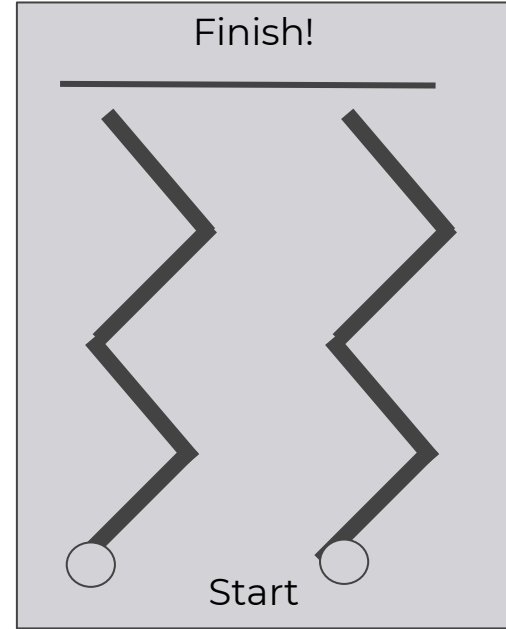


Relaxing calming environment

Here is an example of an environment which can offer calming activities. Can you recreate any of these ideas in your home?



Alerting example activity 1



You will need: Floor or table, cotton wool balls, straws, tape or pen and paper



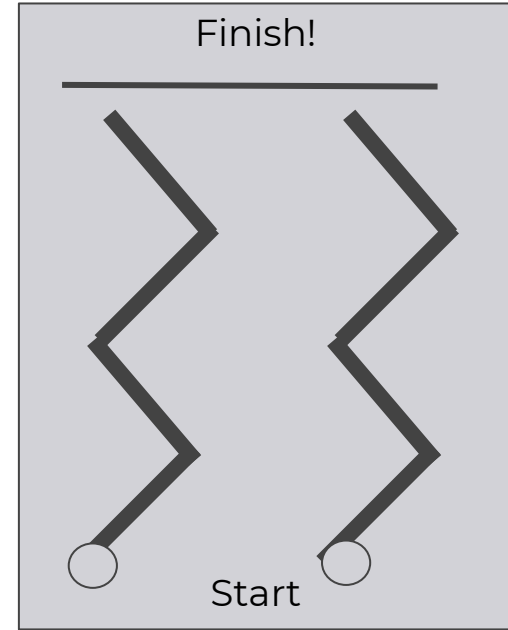
Alerting example activity 1

To play the game:

Draw two zigzag lines on a table or floor and mark a finish line. You could use tape.

Take a straw and cotton wool ball each.

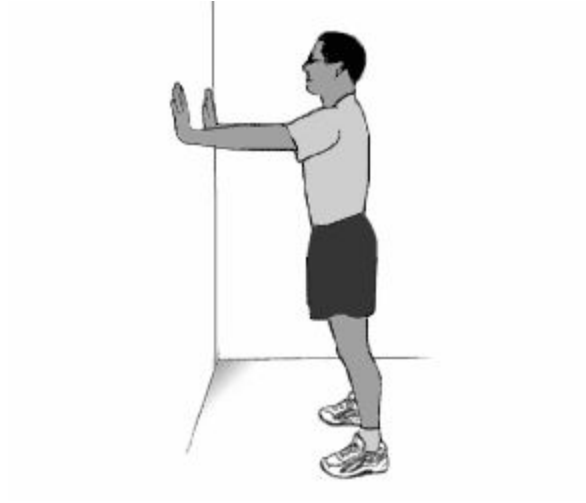
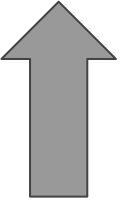
Put your cotton wool ball at the start of the lines and use your straws to race each other to the finish line following the zigzag lines.



You will need: Floor or table, cotton wool balls, straws, tape or pen and paper



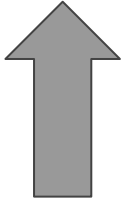
Alerting example activity 2



You will need: Wall, chair or floor



Alerting example activity 2



For this activity use a wall, chair or floor to try different press ups.

For a wall press-up:

Ask your child to face the wall.

They should stand about an arms length away with their feet and knees a shoulder-width apart.

Ask them to lean forward and put their palms flat against the wall, at the same height as their shoulders.

Their hands should be shoulder width apart.

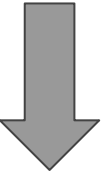
Breathe in and slowly bend your elbows and bring your nose to the wall – keep your back straight.

Now straighten your elbows and go back to standing up straight as you breathe out.

You will need: Wall, chair or floor



Calming example activity 1



You will need: Blanket, towel or duvet



Calming example activity 1



For this activity you will roll your learner up in a blanket or towel.

Lay the blanket on the floor.

Ask your learner to lay down on top of the blanket at one end.

Ensure their head is outside of the blanket. Sing “roll, roll, roll you up, like a sausage roll” to the tune of ‘row, row, row your boat’ as you roll them up one way until they are wrapped in the blanket.

Sing it again as you roll them undone!

You will need: Blanket, towel or duvet



Calming example activity 2



You will need: A box or deep tray, uncooked rice, small toys or plastic animals



Calming example activity 2



For this activity, fill a box or tray with uncooked rice and let your learner explore it by putting their hands in.

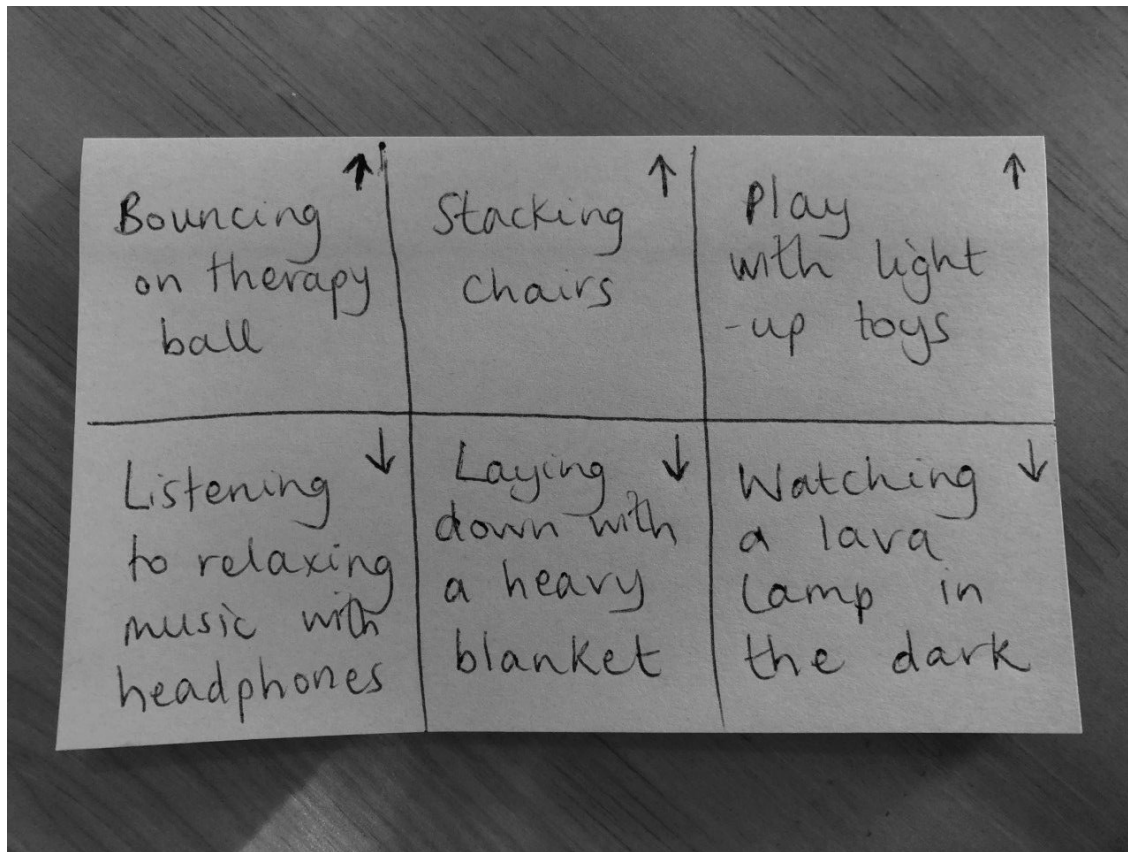
You could hide small toys or plastic animals in the rice so that your learner has to search for them and retrieve them.

You will need: A box or deep tray, uncooked rice, small toys or plastic animals



Creating a choice board

After you have tried some different relaxing activities, either calming or alerting, and have spoken to your learner's teacher or Occupational Therapist, make a choice board with different options for your learner to choose from when taking a relaxation break. You could draw or write the different choices.



Independent Living: Personal Care

How to relax

Make it easier

Help your learner explore the internet for sensory strategy ideas both calming and alerting.

Make it harder

Create a 'break plan' to go with the choice board. Link the activities to feelings e.g. if I am feeling over excited....I can jump on the trampoline for 10 minutes.

More ideas

Speak to your learner's teacher or Occupational Therapist for support with specific alerting and calming activities to support with relaxation.



Further Learning with Oak National

Independent Living:

- Building Understanding- How to relax (Unit 2)
- Applying Learning- Managing feelings (Unit 2)
- Applying Learning- Balanced leisure activities (Unit 2)

Communication and Language:

- Building Understanding/Applying Learning- Our World (Unit 5)

Occupational Therapy:

- Gross Motor Skills (Unit 1)



References

Slide 11- Guy doing push up, Pikrepo / Man running, Pxfuel / One man's dance party, Cynthia D'Amour / Man on trampoline, Fake brothers productions / Carrying books in Peckham library, Libraries Taskforce, Wikimedia Commons / 365 Days of Happiness: Tall glass of ice-cold water, Jade, Flickr Attribution-NonCommercial-ShareAlike 2.0 Generic (CC BY-NC-SA 2.0)

Slide 13- Wrigley's Cool Air Chewing Gum, Radishslice, Wikimedia Commons / Tent, Needpix / Massage, Indulge mobile spa / Wool blanket, Joanna Bourne, Flickr Attribution 2.0 Generic (CC BY 2.0)/ Smiling boy, Pxfuel / African Cichlid Fish Tank, LizWinfreyV, Wikimedia Commons

Slide 14-Outdoor gym equipment on Nelson Mandela Park, Mat Fascione, Geograph

Slide 15- Sensory room, Experia USA

Slide 16- The truth about straws, Madison Family Dental Associates / Bright colorful paper straws, Marco Verch, Flickr Attribution 2.0 Generic (CC BY 2.0) / Canister With Cotton Balls, Publicdomainpictures

Slide 17- Wallpushup-CDC strength training for older adults, Wikimedia Commons / Chair, PNGIMG

Slide 18- Girl in bed, Elvira Gibadullina, Pexels

Slide 19- 2014 uncooked Thai jasmine rice, Takeaway, Wikimedia Commons / Various animal toy figures in a colorful background, Pxhere / Gratnells Extra Deep Storage Tray, Gratnells, Wikimedia Commons

