



At Wootton Park we believe...

**“Wellbeing...**

**is a powerful tool to grow our own capabilities, independence, resilience and realise our own richest potential.”**

**“We strive to ... solve our own problems, generate our own opportunities and equip ourselves to thrive in our future.”**



## Relaxation Ideas

### Relax Kids

[www.relaxkids.com](http://www.relaxkids.com)

A fun way to practise meditation techniques with your children.



### Cosmic Kids

Cosmic Kids is videos of a lady doing Yoga moves it is a fun way to keep healthy and do something fun with your children.

You can find cosmic Kids on Youtube.



### Painting

Paint it out. Not only does painting give the brain something to focus on other than the stressor, but participating in visual arts has been linked to resilience to stress in general.



### Yoga pose

Do the “Downward Facing Dog” pose because it has the added benefit of activating several muscles in the arms, legs, and core. This stretch helps muscles begin to burn additional blood glucose that is made available by the body’s fight or flight response.



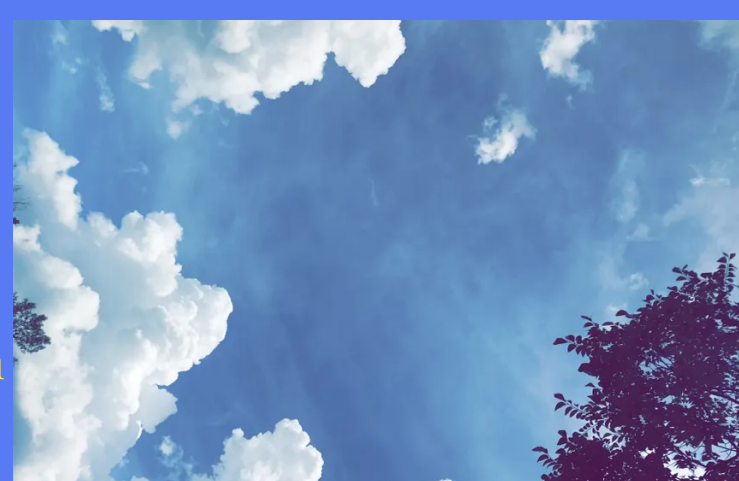
### Cool showers

Take a cool shower. While the complete opposite of a hot bath, cold showers actually have a restorative effect on the body. Not only do cool showers reduce inflammation in the muscles, it improves heart flow back to the heart, and leads to a boost in mood.



### Meditation

Relax in your garden and just look at the sky. Notice how blue or white it is. Feel the sun on your skin (apply sunscreen if it is hot). Listen to the birds or other background noise and take in long deep breaths.



### Visualisation

Visualise a quiet place. Research has shown that visualisation is beneficial for a range of populations to reduce stress levels. its a good idea to close your eyes and picture a calm, peaceful place. Then, gently think about your place and what you do there.



For more wellbeing tips and advice follow us at Wootton Park Wellbeing on Instagram.

Or to speak to a member of the wellbeing team, go to

[www.schoolinterviews.co.uk](http://www.schoolinterviews.co.uk) and enter code bky83 to book a call.



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