

# Specialist Paediatric Outreach Respiratory Team (SPORT)

## Relaxation



Breathlessness can be very distressing and frightening. It is important that this does not lead to hyperventilation (over-breathing more than is necessary to meet the body's natural requirements).

Hyperventilation can be a response to feeling short of breath but can also result in times of anxiety and panic.

If you have an exacerbation of asthma/or experience hyperventilation, the muscles in the body (particularly the arms, chest and neck) can become tense and overworked.

Relaxation may help you to regain control of your breathing and reduce tension within your muscles.

### Ideas to make you feel relaxed:

#### Try This - Progressive Muscle Relaxation

**You are going to tighten up different parts of your body for 5 seconds then relax for 10 seconds working from toes upwards.**

1. Start by tightening up your feet. (Pause) Hold 5,4,3,2,1  
Relax, feel all that tension go. (Pause)
2. Next, tighten your legs. (Pause) Hold 5,4,3,2,1  
Now let them go. Relax, feel all that tension go. (Pause)
3. Squeeze your fists. (Pause) Hold 5,4,3,2,1 and  
then unclench them.(Pause)
4. Now, raise your shoulders up tightly towards your ears (Pause) Hold 5,4,3,2,1 Now  
let them go. Relax, feel all that tension go. (Pause)
5. Scrunch up your face tight, tighter, tighter! (Pause) Hold 5,4,3,2,1 Now  
relax your face. Let your muscles in your face relax again.
6. Now make all parts of your body as tight as you can (Pause) Hold 5,4,3,2,1 Relax  
your whole body by letting your muscles go soft.  
If this help but you don't feel relaxed yet, continue going from the start again.



If you would prefer to follow a video - Watch: Progressive Muscle Relaxation for Kids (and Adults) <https://www.youtube.com/watch?v=aaTDNYjk-Gw>

If you need any further information, please contact: 01282 803587

## Try some colouring



## Listen to music



## Stretch/ Yoga

Use mindful movement to help you to relax. The links below will guide you through how to do yoga:

**Younger children** - Relaxing yoga and breathing inspired by animals for children

<https://www.youtube.com/watch?v=0XpqNAWnfTo>

**Teens** - Rainbow yoga suitable for older children and teenagers

<https://www.youtube.com/watch?v=dF7O6-Qablo>



## Visual Guided Imagery

Imagine any place where you would like to be or their favorite color. This could help reduce worries and calm your mind.



**Younger children** - Balloon Meditation

<https://www.youtube.com/watch?v=ZBnPlqQFPKs>



## Laughing



## Create a Calm Bedroom



## Body Scan

Watch the following links to help you feel relaxed from head to toe:

**Younger children** - Butterfly body scan

[https://www.youtube.com/watch?v=56\\_8aK3cLEA](https://www.youtube.com/watch?v=56_8aK3cLEA)

**Teens** - Body scan

<https://www.youtube.com/watch?v=QS2yDmWkOvs>



take a break

## Relaxed Breathing

To feel more relaxed, think about your breathing using the following links:

**Younger Children** - Rainbow breathing suitable for younger children

<https://www.youtube.com/watch?v=O29e4rRMrv4>

**Teens** - 3 minute meditation

<https://www.youtube.com/watch?v=SEfs5TJZ6Nk>

