

DDMIX EYFS COOL DOWN**WELLBEING WIND DOWN:**

- Ask children to find a space.
- Ask them to lie down on their backs and close their eyes.
- Explain that you're going to name a body part and you'd like them to tense/squeeze that body part as much as they can for 4 slow counts and then release it, so the body part can feel relaxed.
- Verbally count down, to encourage the class to follow your lead and take time for each body part.
- To make it harder, highlight the use of breath, so that as the children breath in, they tense each body part; and as they breath out, they relax that body part.
- Go through the entire body so that they can recognise each body part in isolation.
- You can repeat body parts to help the children notice the increase in relaxation each time.

Resources

- DDMIX Warm down music.
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