

Wellness Toolkit: Family Connection

Teen Module 2 – Relaxation

Directions: Your child is currently participating in the Child Mind Institute’s Wellness Toolkit in their classroom and has completed the second module which is all about relaxation skills.

In this module, students learn and practice identifying situations when they feel stressed or upset. Then, they learn relaxation skills to use so they can cope better with these feelings. Relaxation skills taught in this lesson are paced belly breathing, progressive muscle relaxation, and guided imagery. These relaxation skills have been shown to be effective in reducing feelings of stress and anger.

We encourage you to take some time to discuss the content they have learned and use the questions below as a guide for reflection. Visit us at www.childmind.org.

- *Of Paced Belly Breathing and Progressive Muscle Relaxation, which do you think you are most likely to use and when would you use them?*
- *What imaginary, safe place do you think of when you are practicing guided imagery? Describe this place using your five senses.*
- *What are some situations that cause you to feel nervous or stressed?*