

Group Relaxation Game

STRETCH

Stretch
like a cat
slowly
rk

FEEL

Give
yourself a
hug
rk

BREATHE

Breathe in
and blow out
bubbles of peace
into the room
rk

BELIEVE

Give a
compliment
to the person
on your right
rk

RELAX

Tell a great
way to handle
worries
rk

MOVE

Everybody
stick out your
tongue
and roll your
eyes
rk

PLAY

Make
different
faces and
everyone has to
copy you
rk

STRETCH

Stretch
like an
elastic band
rk

FEEL

Give
someone
a hug
rk

BREATHE

Breathe in
and blow
feathers
rk

FEEL

Give someone
a pat
on the back
rk

BELIEVE

Find a
positive word
that begins with
the same name as the
first letter of
your name
rk

MOVE

Raise and drop your shoulders
5 times

rK

PLAY

Smile for
5 seconds

rK

STRETCH

Stand up
like a tree

rK

FEEL

Massage
your neck

rK

BREATHE

Breathe in
to count
of 3 and out
to count of 5

rK

BELIEVE

Say
"I am amazing"
5 times

rK

RELAX

Say what
helps you
relax

rK

MOVE

Do 10
Star
jumps

rK

PLAY

Laugh
for 10
seconds

rK

STRETCH

Balance on
one leg
for 10 seconds

rK

FEEL

Group
massage -
turn to your
right

rK

BREATHE

Breathe in and out like
stormy weather,
end with a gentle
breeze

rK

BELIEVE

How many positive
qualities can you
repeat?

rK

RELAX

What words
do you hear
at the beginning
of a relax kids
relaxation story?

rK

MOVE

Pretend you
are a rag
doll

rK

PLAY

Clap your
hands and everyone
must stay still until
you clap your
hands again

rK



How to Play:

Get into group. Each child picks a card and does the action on the card. They then choose the next child to pick a card until everyone has had a turn.

relax* Kids*

