

# FAMILY CHILL NIGHTS

Each week during the 21 day challenge try one of these family chill night exercises.

## Weekly Family Chill Night - WEEK 1

Take some time out and relax together on the sofa or cushions. Enjoy a massage, some stretches and listen to your Relax Kids CD. Try the Treasure Board activity below as a way of communicating and relaxing at the same time.

## Weekly Family Chill Night - WEEK 2

Take out some time and relax together on the sofa or cushions. Enjoy a massage, some stretches and listen to your Relax Kids CD. You may like to try out this family activity.

## Weekly Family Chill Night - WEEK 3

Take some time out to relax together on the sofa or cushions. Enjoy a massage, some stretches and listen to your Relax Kids CD. You may like to try out the activity “Calm Picture” together.

# ACTIVITIES

## Treasure Board

Make a big collage of lots of colourful and positive words and images. Find a pile of magazines and newspapers and cut out all the positive words. Get a large piece of paper or card and make a display of all these positive words and images. Children will enjoy cutting out positive images and words from magazines to create a wonderful display of positivity. They can make individual pictures or you may like to create a family picture.

## My 5 Achievements

This exercise is great for helping your child develop their self esteem as they start to acknowledge even the small things that they have achieved. At the end of each day before bed, ask children to write a list of 5 great things they did that day. They might like to put these in a book or keep them on the same paper. These can be simple things from listening at school, eating everything on their plate, smiling at someone or being a good friend.

## Calm Picture

Write the word CALM as large as possible and let your child colour in the word. They can add pictures of things that help them feel calm. Let them use calming colours - anything to create an image of calm. Tell children to stare at the picture and see how calm they can feel. Then ask them to close their eyes and make the picture very small - like a postage stamp. Tell children they can keep this little picture anywhere they like in their body - heart, head, finger. Whenever they are feeling stressed and anxious, they can look at their calm picture and feel calm.