

# Learning at Home

Support



## FINDING CALM

### What you will need:

- yourselves
- bubble wand and mix (dishwashing liquid and water work just as well)
- favourite story book
- some music to dance to (music on a device, radio or singing).

Ages  
0-4

Learning activity



### What to do:

Here are five ways to support children to relax:

1. Try meditation together – lay on the floor and gently say hello to every part of your body, giving them a wiggle or small movement as you do. Start with your toes and move up to the hair on your head!
2. Practice some 'square breathing' – take a deep breath in while you count to four, hold the breath and count to four, breathe out while you count to four and then hold the breath while you count to four again. You can trace a square in the air while you do this or use your fingers to count to 4 for each step.
3. Use a bubble wand to take turns blowing bubbles. Take big, deep breaths for slow, big bubbles or for lots of little bubbles. Talk about how the bubble floats away in the air and how far it might float before it pops.
4. Read a favourite story or picture book together.
5. Play a song on your device, turn up the radio or sing a favourite song as you dance around.

### What learning is happening:

Relaxing helps our bodies unwind, slows our breathing and our heart rate. It helps our immune systems and concentration. Children begin learning how to balance their emotions and how to calm themselves.



### Links to more information:

- [Learning at home](#)<sup>1</sup> on the Department of Education website

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<sup>1</sup> [www.education.tas.gov.au/parents-carers/learning-at-home/](http://www.education.tas.gov.au/parents-carers/learning-at-home/)