

Calming Techniques



Calming techniques

- The following slides are suggestions for calming techniques. Try the following techniques to see if they have a positive effect on you:

Hook ups

Gravity Glider

Thinking cap

Positive points

Pass a smile

Hook-ups

Purpose

- Relaxes the central nervous system.
- Connects the electrical circuitry of the body.
- Crosses the center mid-line to activate both left and right hemispheres of the brain.
- Helps you become emotionally centered and grounded.

Try Hook-ups when...

- You need a break
- You are arguing with someone
- Before and during tests
- There is too much noise and confusion in the classroom or at home
- You are having trouble focusing

Hook-ups

Sitting position

Cross your left ankle over your right.

Extend your arms and cross your left wrist over your right.

Bring your palms together and interlace your fingers.

Now, bring your hands up toward your chin.

Sit quietly for a minute with your eyes closed and your tongue on the roof of your mouth.



Hook-ups

Standing position

Uncross your ankles and put your feet flat on the floor.

If you did Hook-ups in sitting, remain sitting.

If you did it standing, remain standing.

Now bring your hands together with your fingers touching.



Gravity Glider

Purpose

- Relaxes tense muscles from sitting too long.
- Increases circulation of blood.
- Helps with balance and whole-body coordination.
- Increases comprehension.

Try the Gravity Glider when...

- You've been working at your desk for a long time
- If you are experiencing difficulty understanding something
- When you have to do mental arithmetic
- You just can't get the words out
- You are having difficulty with focus
- You don't feel confident about finishing something

The Gravity Glider

- Sit in a chair with your ankles crossed and your knees slightly bent.
- Exhale as you lean forward with your head down.
- Reach out in front of you and glide your arms out to your legs.
- Reach as far as you can without hurting.
- Now glide your arms back up until you are sitting up straight in your chair.
- Bring your head up last.
- Do this two or three times.
- Cross your ankles the other way and repeat the movement.



Thinking Caps

What The Thinking Cap does

- The Thinking Cap crosses the auditory midline so you can hear out of both ears.
- This, in turn, helps with auditory recognition, attention, discrimination, perception and memory.

You should do the Thinking Cap when...

- You need to listen to directions, stories, or a friend
- You're singing or playing a musical instrument
- You have to read out loud or give a report to the class
- The room is too noisy and you need to screen out the distractions

The Thinking Cap

- Place your fingers on top of each ear.
- Gently “unroll” the curved parts on the edges of both ears at the same time.
- Go all the way to the bottom of your ears.
- You can do this 2-3 times.



Positive Points

Purpose:

- The Positive Points are acupressure points that release emotional stress by diffusing the fight-or-flight reflex from the back of the brain.

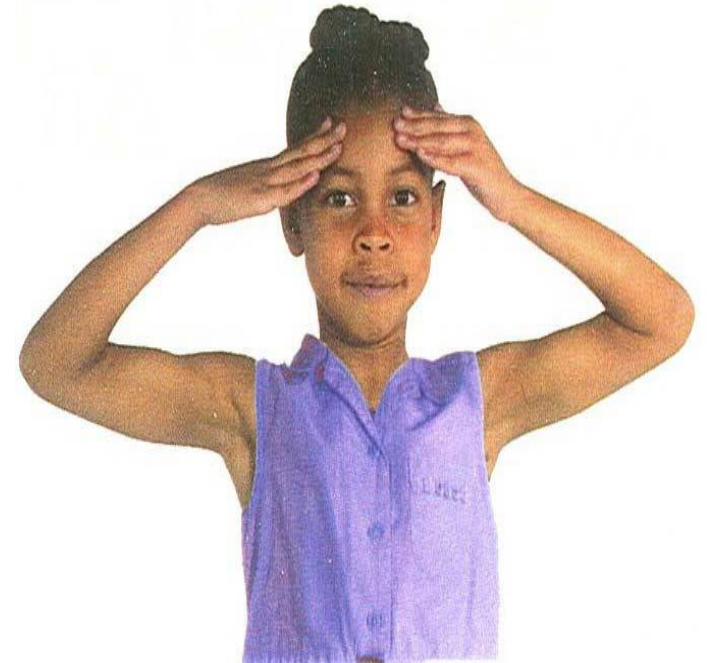
You should do the Positive Points when...

- There is too much noise and confusion in the classroom or at home
- You're feeling worried, frightened or scared
- You're anxious about a test or having to read out loud

The Positive Points

How to do The Positive Points:

- You'll find your Positive Points above the center of each eyebrow and halfway to your hairline. (You might feel a slight bulge at your Positive Points.)
- Gently place three fingers of each hand over these points.
- Close your eyes and take ten deep breaths. (If you are frightened, you can leave your eyes open.)
- Often, you'll feel a shift such as a big sigh or dropping your shoulders.
- The shift lets you know you're finished holding your Positive Points.



Focusing and Calming Game

Sit in a circle with friends or family. One person starts by sending a smile to the person next to her. This student smiles, then "zips" his lips in order to "hold" the smile. He then turns to the next person and unzips the smile to pass it on. When everyone gets good at this, the smile can go around the circle quickly.

Pass a Smile



References

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