

# The Fox Theatre for Families at Home



## Activities for Moving from Chaos to Calm

### Crazy 6's

Standing up, begin counting down from 6 to 1 while shaking an upraised hand with each count. Once you get to 1, put the first hand down and raise the other hand to shake it while counting down from 6. Then raise a foot and do the same, followed by the other foot. This is one round. Having completed it, begin a new round whose starting number is one less than the starting number of the last round (e.g. starting with 5 for the second round). The first round should be soft and slow, with each progressive round getting faster and louder. As you finish the final round, you can reverse the process, increasing the numbers again while getting slower and quieter with each round.

### Tense and relax (*adapted from Progressive Muscle Relaxation*)

Squeeze all the muscles you can, hold it for a few counts, and then release, paying special attention to the feeling of your body relaxing. A more in-depth approach for older kids is to tense and relax different groups of muscles (e.g. feet, then legs, then belly, and so on).

### Let go breath (*done in the video after Tense and Relax*)

Raise hands and posture while breathing in deeply. On the exhale, drop hands and posture with an exaggerated sigh.

### Glitter jar

Fill a clear plastic bottle with water and glitter, plus any other odds and ends that seem relevant—experiment away! Then shake up the bottle and watch the contents settle. Not only does the settling glitter create a nice, soothing process to watch, but the process can be used to symbolize the mind settling. So when someone gets stirred up/ stressed/ overwhelmed/ etc., using their glitter jar in this way can provide a moment of respite and possible de-escalation.

*Activities courtesy of The Mindfulness Education Exchange.*

*For more information about school and youth programming, visit [www.mindfuledex.com](http://www.mindfuledex.com).*

