

Relaxation cards exercise

Metacognitive skill targeted: self-regulation, self-calming, managing emotions

Age group: 8+

Duration: 5 minutes

Materials needed

- A bit of space around you
- The 6 relaxation cards
- A blanket if you want to be more comfortable

Activity Description

Sometimes after a break, during a disagreement, or when we feel overwhelmed, our body and mind need a little calm. These **Relaxation Cards** are here to help you feel better and more in control.

You can use one card at a time. Each card shows a simple yoga pose and helps you breathe, stretch, and relax. You don't need a mat. Just make sure you have enough space around you.

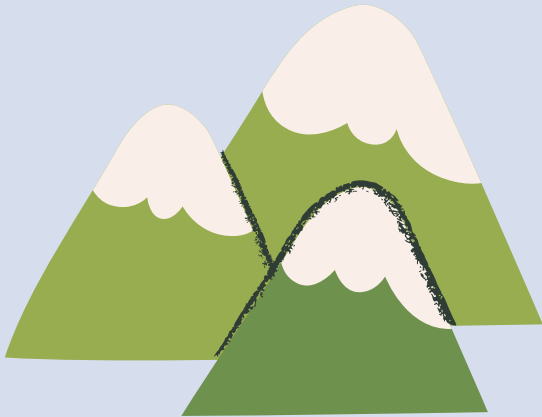
How do I use the cards?

1. Cut the cards. You should have 6 cards in total.
2. Take a card randomly or chose one that you like.
3. Read the instruction on the card.
4. Do the pose slowly. Breathe deeply. Stay in the pose for about **5–10 seconds** (or 3–4 deep breaths), then gently come back to standing or sitting.

5. You can take another card and start a new pose. You don't have to do all the poses; you can just pick some and come back to the other another day.

Relaxation cards

Mountain pose



- Stand tall with feet together or slightly apart.
- Arms relaxed by your sides or hands together at your chest.
- Close your eyes if you like.
- Take 3 deep breaths.

Seated Forward Fold

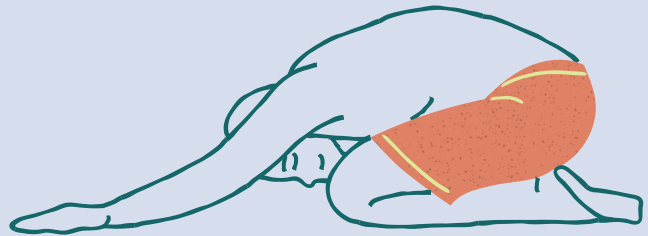
- Sit on the floor or your chair with legs stretched forward.
- Slowly reach your hands toward your feet (or knees).
- Let your head relax down.
- Breathe in and out slowly.



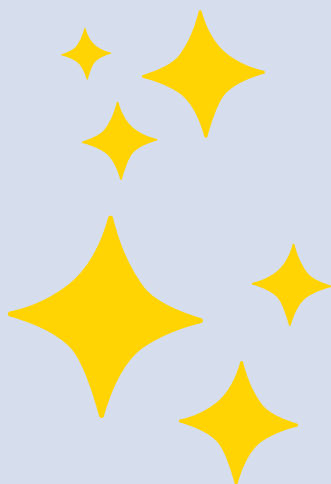
Relaxation cards

Child's Pose

- Kneel on the floor and sit back on your heels.
- Lower your chest to your knees and stretch your arms forward (or rest beside your legs).
- Let your forehead rest on the floor or your arms.
- Breathe deeply and slowly.



Star Pose

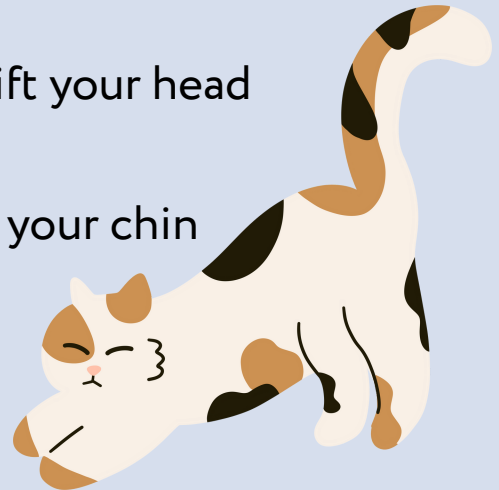


- Stand tall and stretch your arms and legs wide like a star.
- Spread your fingers and toes gently.
- Take deep breaths and feel your body open.

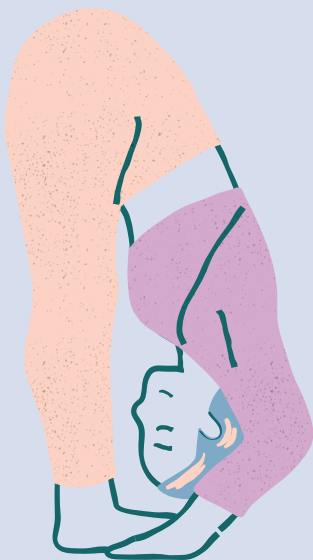
Relaxation cards

Cat-Cow Stretch

- Come onto hands and knees (tabletop position).
- Breathe in: arch your back gently, lift your head and tailbone – this is Cow Pose.
- Breathe out: round your back, tuck your chin to your chest – this is Cat Pose.
- Repeat slowly for 3–4 breaths.



Standing Forward Fold



- Stand tall with feet hip-width apart.
- Slowly bend forward at the hips and let your arms hang down.
- Relax your head and neck.
- Take 3 deep, calm breaths.