I melt like a snowman.

I relax my body.

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Melt Like a Snowman
Muscle Relaxation

♥ **I am a frozen snowman on a cold day. The warm sun comes out and I melt into a puddle.**

Introduce the activity: Show the snowman on the front of the card. Invite the child to share or imagine an experience of playing in the snow and making a snowman. Have some ice available for the child to touch and describe what it looks and feels like. Say: "Show me how your body would be if it were frozen like a snowman." The child will naturally make their body tense and tight. Ask what happens when snow and ice gets warm. Say: "We are going to slowly melt like a snowman. Make sure you have space around you to end up on the ground."

Ask the child to: "Imagine you are a glistening snowman on a cold day. Make your muscles tight and tense to be frozen snow... The sun shines on your head, and you feel it getting warm... The sun gets hotter, and your head starts to melt and slip... There goes your head, sliding down to your shoulders! The sun makes your shoulders feel warm... Your arms begin to melt... Now your back and stomach get warm and crumple... Your legs and feet begin to melt... The sun is so hot. You melt into a clump of watery snow on the ground... The sun keeps shining on you, and you change into a pool of water... It is all warm and comfortable, and you feel relaxed and happy…(allow some time to relax). It's time to become people again! Sit up slowly and find a partner to share what that was like for you."

Check in: "What did your body feel like when you were a frozen snowman? What did your body feel like when you melted into a puddle? What part did you like being the best? Why?"

Share positive words: Show the words on the front of the card. Recite them together to affirm: "I melt like a snowman. I relax my body."

Sing: ***I Am Peaceful, I Am Calm*** (to the tune of "Frere Jacques/Are You Sleeping?")
I am peaceful. I am peaceful.
I am calm. I am calm.
I relax my body. I relax my body.
And my mind, too. And my mind, too.

Calming ourselves in stressful moments™

BACK