



STRESS RELIEF TIPS & TECHNIQUES

Enhancing Positive Emotions in Children (ages 3 - 6): Shift and Shine®

Tell your child they are going to learn how to send positive feelings from their hearts.

What do you care about? First model by telling your child who you care about. Now ask them who they care about? When you love or care for someone or something, where do you feel that love? Put your hand over your heart (center of the chest as a visible clue).

Tell your child: Shift means to move or change, such as going from sad to happy or moving from one place to another. Demonstrate the meaning of shift by shifting from one position on the floor to another.

Ask your child: Do you ever have a warm feeling in your heart when you feel love or care for someone? It's kind of like the warmth from the sun. Have you ever felt the warmth of the sun on your skin? What does that feel like? When we feel love, appreciation or care for someone or something special, it's like the warmth from the sun shining in our hearts.

Parents: **Step 1:**

Begin by putting your attention on the area of the area around your heart or the center of your chest. It helps to put your hand over your heart area. Model by putting your hand over your heart.

Parents: **Step 2:**

Now pretend to breathe in and out of your heart. Take three slow breaths. Model the breathing.

Parents: **Step 3:**

Think of someone or something that makes you feel happy, like your mom or dad or maybe a special place that you visit, like a park. Feel that happy feeling in your heart and then shine that feeling to someone or something special. Let your child experience the feeling for a few seconds. The length of time will increase with each exercise.

Ask your child: Did you send your love to someone special? Thank you for sharing your heart felt feelings. We can get together soon to share more fun experiences about your heart.

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Calming Practice for Children (ages 11 - 17): The HeartShift™ Tool

The HeartShift Tool helps you calm down and think more clearly. It teaches you how to feel better when you are upset and how to shift from a negative emotion to a positive emotion.

Let's try to shift your attention to your toes. Focus on your right toe: Wiggle it. Focus on your nose: Wiggle it. Now point to your heart and focus there. At first, placing your hand on your heart in the beginning will help you focus.

Step 1: Notice what you are feeling.

Take a moment and ask yourself, "How am I feeling?" Say out loud what you are feeling. Let's go to Step 2 to practice HeartShift.

Step 2: Shift to your heart.

Put two fingers on your forehead and then move them from your head to your heart while saying, "Focus on the area of my heart." Take a moment and keep your focus there for practice. Let's go to Step 3.

Step 3: Breathe a feeling of calm.

Breathe slowly and easily. Imagine the air flowing in and out of your heart area. Take your time breathing in and out. Do this three to five times. What changes did you notice in your body? How do you feel now?

HeartShift™ is a registered trademark of the Institute of HeartMath