



Livet&Sånn has created many films for children and young people that show various exercises to relax or change the state of the body. You can find them on the website by following the links for children: [Frosketid - Livet og sånn \(livetogsann.no\)](https://livetogsann.no) eller ungdom [Til deg som er ungdom - Livet og sånn \(livetogsann.no\)](https://livetogsann.no)

Or use the QR codes with your mobile phone.



There are also many apps you can try, for example:

- [Fall til ro \(app\) - RVTS Sør \(rvtssor.no\)](https://rvtssor.no)
- [ZuperSmart - Stressmestring](https://zuper.no)
- [SMART - et stressmestringsverktøy - SMART fra RVTS Øst](https://smart.no)



FROG TIME

- PRACTICING FINDING CALM
WITHIN YOURSELF

I am here and now!



When the alarm goes off inside us, it can feel very scary. The body tells us that something is extremely dangerous, that we must save ourselves as quickly as possible. And at the same time, it can actually be completely safe. The alarm has misunderstood the signals and gone off when it didn't need to. Then it can be useful to use some tricks to show the body that it is safe here, so that the alarm is turned off. Such tricks can be:

Look around and find:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste



TALK TO YOURSELF:

My name is _____
I am safe right now
I am ____ years old
Right now I am at _____
Today is ____ day
The weather is _____
I am wearing _____
This is going to be fine

Or try this:

1. Splash some cold water on your face or hold your hands under running lukewarm water. Notice how it feels.
2. Take a small object in your hands (stone, eraser, hair tie, pinecone, or similar) and notice how heavy it is, whether it is soft or hard, how it feels to touch.
3. Use your fingers or hands to stroke, pat, or tap on your hands or other parts of the body. Focus on what you feel when you do this.
4. Do a long exhale and feel your stomach pull in, then release your stomach and let the air flow back in. Or use other breathing exercises.
5. Count down from 100, do the small multiplication table, or other number sequences you like.



Notice that you are sitting or standing and how the contact is with the chair or the floor. Feel that you are breathing out and in. Exhale - inhale. Exhale - inhale.

I want to sleep...



Falling asleep is not always easy. When everything becomes quiet, thoughts can sometimes get noisy, and restlessness can take place in the body. Then you can try:

Body scan: start with your toes and notice all body parts from there up to the top of your head. One by one. You can also tense and release each muscle on the way up. Name each part and let it relax.

Breathe in and count to 4
Hold your breath and count to 7
Breathe out and count to 8
Repeat

Balance is good!

Some simple yoga exercises can remind the body that we are strong and can stand firm in life:



Stand on both feet and lean forward and backward, and to both sides, without falling. You have control!



Try to find balance on just one foot. Maybe you can lift the other high up and stand like that for a while? Switch feet and try the other one too.



Sit on the floor and grab both feet. Lift them up in the air and find balance with straight legs.



Finish by sitting on the floor with your legs crossed and your hands on your knees. Straighten your back. Notice that you are strong. Breathe. Rest. Smile.

Did you know?



If you want to use your breath to calm your body, a long exhale is essential. It may feel like we are getting too little oxygen, so we try to deeply inhale, but it's the other way around. We must release all the air first. Preferably through your mouth and pull in the stomach to push it all out. Then we can release the stomach and let new air just flow in through our nose afterward.

Several calm, deep breaths like this tells the body that there is no danger, so the alarm can be turned off.