

GETTING THE MOST FROM JUST FOR KIDZ

Emotion Changers & Calming Relaxations for Children 4-10

Thank you for purchasing *Just for Kidz*.

Before you use this resource for the first time please take a look at/listen to the following information to make sure you get the most from it. The tracks suit children ages 4 up to 10.

NB Please do not listen to these tracks while operating heavy machinery or driving in the car (unless the person listening is NOT the driver and is listening through headphones).

1. Please watch my video on "what is creative visualisation and how can you use it?" for some helpful tips.



What is creative visualisation and how can you use it in your family?

<https://youtu.be/Ke6-LMgldNw>

2. It is best to start with the calming tracks and a great time to start is bedtime or nap time/rest time if you're at day care/school.

Before your kids do listen to the first track, sit down together and listen to the *Introduction to the first three tracks*, which explains to kids the purpose of creative visualisation and details those tracks:

- **Safe 'N Sound** (to help with fear),
- **Endless Journey** (best listened to after using other tracks, this visualisation gives kids a message about who they are, why they're here and what can sometimes confuse them)
- **Sleepytime** (for any child struggling to calm down and drift off to sleep deeply. This track is best used when combined with a regular bedtime routine. It also features music at the end to help children stay asleep once they do drift off).

3. If you are wanting to support a child to ease anxiety, then listen to *Soothing the Frightened Butterflies* but please make sure that the **FIRST FEW times they listen to it that they listen to the introduction.**

This introduction invites children to notice the difference between feeling sensations in their body that may be warning them when they are actually in an unsafe place, with an unsafe person or about to do something unsafe.

These are important feelings that warn us. However when we allow our thoughts to frighten us, the same feelings and sensations can sometimes overwhelm us. This audio will help calm those moments. It is important that you allow children to hear this introduction a few times before playing the track without the introduction and to possibly have a conversation about times they have felt frightened.

4. *Listening to the emotion changing tracks.*

The emotion changing tracks for children are fairly self-explanatory and can be listened to in any order, depending on what mood/emotion/scenario you are wanting to support the children in your home or care with.

Each track uses imagination and mental rehearsal techniques that will positively re-shape children's brain maps if used 2-3 times a week for a few weeks.

It's great too, if you can join your kids in listening to some of the tracks so you're modelling quiet time and also so you know what they might be imagining — and can talk to them about it later.

Happy listening!