



RMO= RESTRICTED MOVEMENT
ORDER

Or... Relaxing
Mind
Order?

Relaxing With Your Child



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Feeling stressed out or tensed from having to reduce your activities outside of home to combat Covid-19? Let's take this opportunity to enjoy some fun activities that you can do together with your child to relax in the comfort of your own home.



Progressive Muscle Relaxation



Helps you and your child learn to distinguish between the feelings of tensed and relaxed muscles. You and your child can then “cue” this relaxed state at the first signs of muscle tension that accompanies stress and anxiety.

"It's like turning your muscles from an uncooked spaghetti to a cooked spaghetti."

Hands & Arms

1) Get Comfortable!!

2) Pretend that you are squeezing a whole lemon in each hand.

3) Squeeze it hard until all the juices come out. Feel the tightness in your hands and arms as you squeeze it. Squeeze it hard.

4) Then drop the lemon and relax. See how much better your hands and arms feel when they are relaxed.

5) Repeat



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Arms & Shoulders

Stretch Like A



Pretend that you are a furry, lazy cat and you just woke up from sleep. You want to stretch. Stretch your arms out in front of you. Then high up over your head.. and way back behind.. Feel the pull in your shoulders. Now let your arms drop back to your side. Repeat.



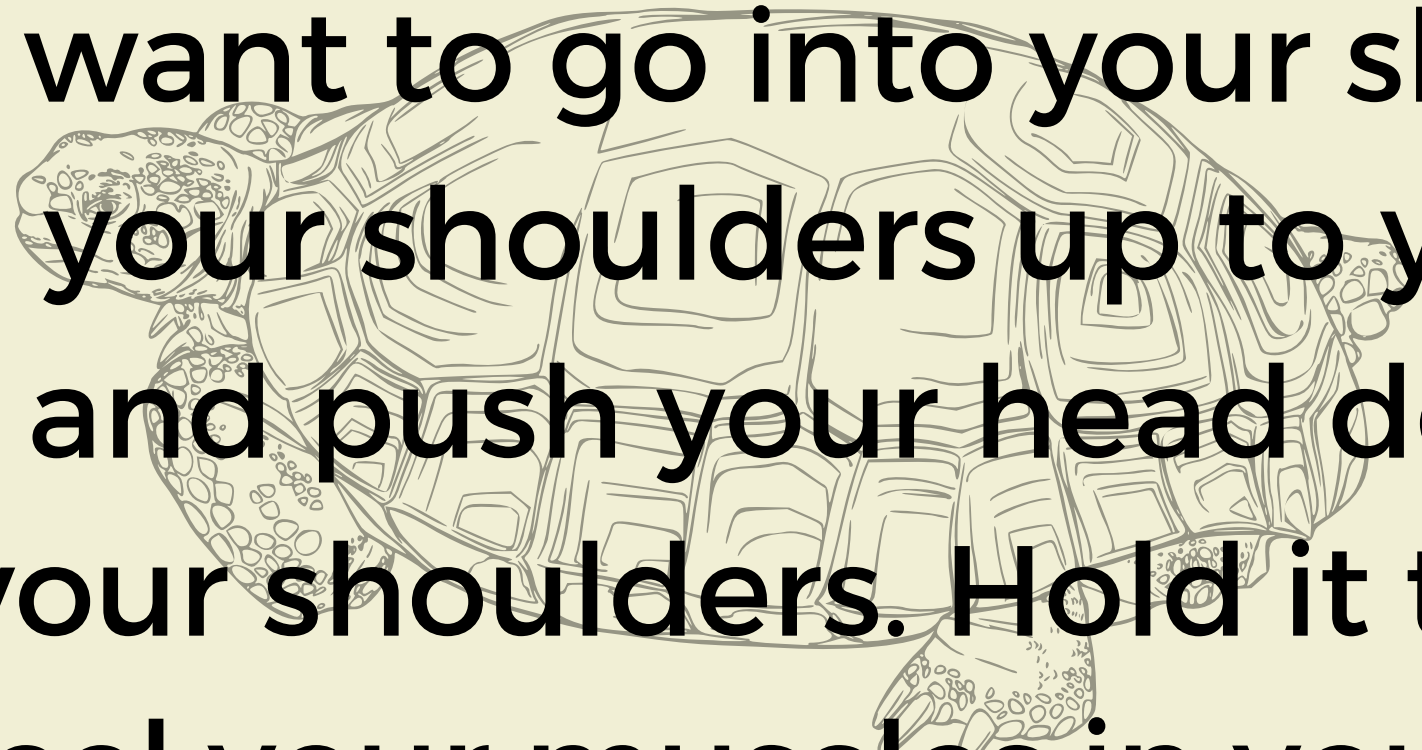
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HIDE IN YOUR SHELL

Pretend that you are a turtle and you want to go into your shell. Pull your shoulders up to your ears and push your head down into your shoulders. Hold it tight.. Feel your muscles in your shoulders and neck tighten. Now, relax and come out of your shell into the warm sunshine again.

Repeat.



Shoulders & Neck



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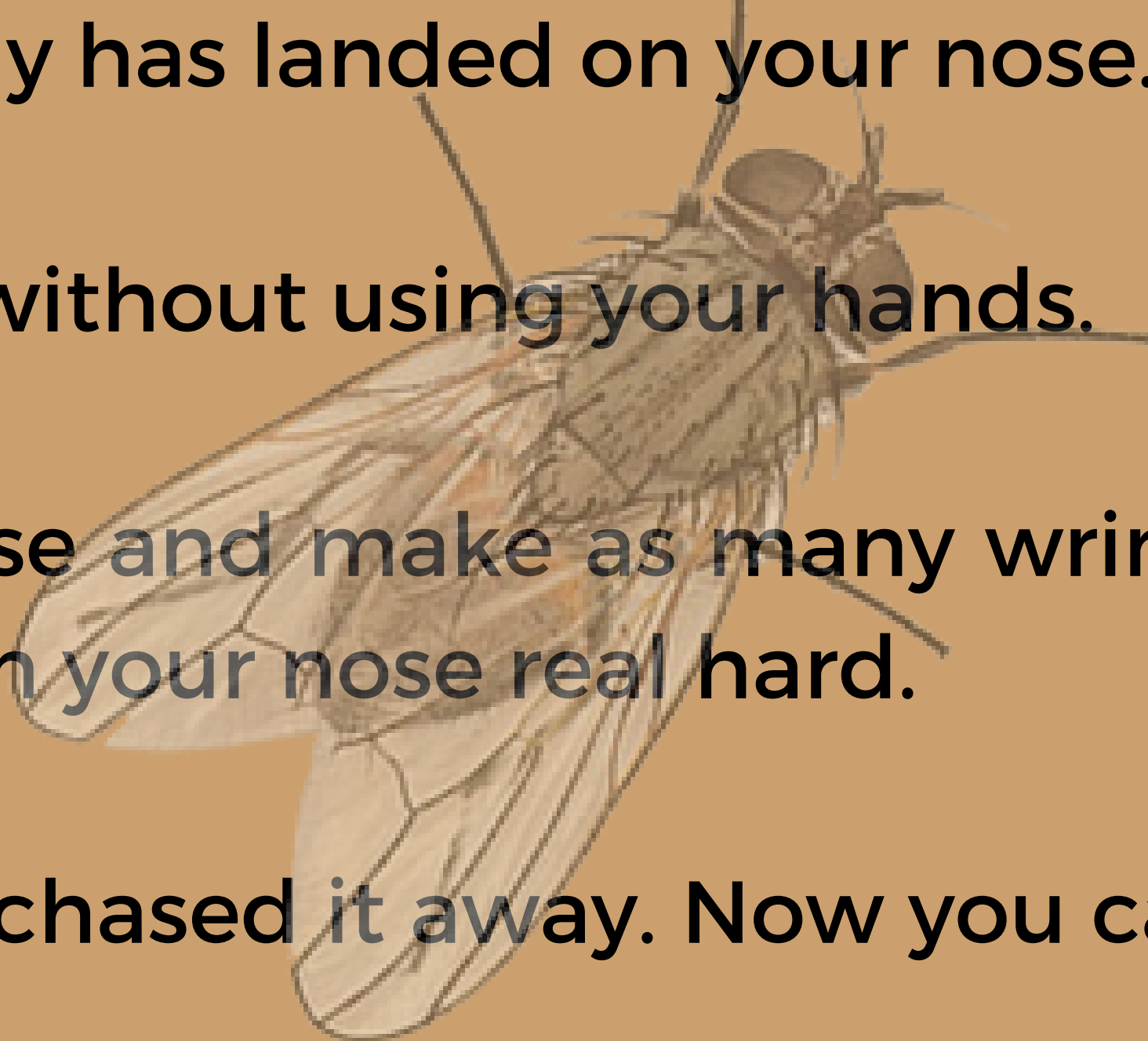
Pretend that you have a giant, hard bubble gum in your mouth. Bite down on it. Bite it hard and let your neck muscles help you. Now, relax and let your jaw hang loose. Notice how good it feels to let your jaw drop. Relax.

1) Imagine that a fly has landed on your nose.

2) Try to get it off without using your hands.

3)Wrinkle your nose and make as many wrinkles on your nose as you can.Scrunch your nose real hard.

4)Good. You have chased it away. Now you can relax your nose.
Repeat.



**FACE &
NOSE**



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**GET THE FLY
OFF YOUR NOSE!**

1) Imagine you want to squeeze through a narrow fence.

2) You'll have to make yourself really skinny to get through it.

3) Suck your stomach in, try to squeeze it as hard as you can, get it real small and tight.

4) Hold it.. And let go. You have made it through the fence.

5) Repeat.



Stomach



**SQUEEZE THROUGH A
FENCE**



Legs & Feet



Squish Your
Toes In
MUD!

- 1) Pretend that you are standing barefoot in a big, fat mud puddle.
- 2) Squish your toes down deep into the mud. Try to get your feet down to the bottom of the mud puddle.
- 3) Push down, spread your toes apart and feel the mud squish up between your toes.
- 4) Now, step out of the mud puddle.
- 5) Relax your feet and let your toes loose. Feel how nice it is.
- 6) Feel how good it feels to be relaxed. Repeat.



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