

1-2-3 Relax with Me

Ni Hao, Kai-lan supports children's emotional and social development by helping children learn how to calm down in difficult situations. Try these quieting and centering activities in your classroom. Your children will learn to calm down, just like the characters on Ni Hao, Kai-lan!

How to:

- Invite children to sit comfortably. Ask them to notice their own breathing: in-out, in-out.
- Encourage children to take long relaxing in-breaths and out-breaths by saying: "I will count 1-2-3 as you breathe in. And then when you breathe out I will count to three in the Mandarin Chinese language: **Yi Er San**. Ready let's go. Breathe-in: 1-2-3. Breathe-out **Yi Er San**."
- Do this several times so that children begin to slow down their breathing.
- End the activity in silence and then congratulate the children by saying: **Tai Hao Le: Super!**



Pass the Quiet

Pass the Quiet is a simple centering activity that invites children to slow down and relax.

How to:

- Call the children together in a seated circle.
- Place a beautiful stone, or shell in the center of the circle. (It should be fairly large so children cannot put it in their mouth or be tempted to throw it.)
- Invite children to look at the object and imagine touching it.
- Then say, "I am going to pick up the stone, and feel it as I hold it for a few moments. When I am finished I will silently pass it to the person next to me to hold."
- If someone speaks, the cycle starts again. What other quiet activities can you think of?

