



The SuliNyugi Program of Lélekkel az Egészségért Foundation supports stress management at school.

We deal with school stress in a complex way, so we can reach all three key players in the process, such as **the child, the teacher and the parent**, so that they eventually "speak the same language" using the same solutions.

Learn more : www.sulinyugi.hu

The purpose of the **Calmschool Program (SuliNyugi)** for children is to enable them to handle stress and to make them aware of everything they can do to help themselves through it. This summary introduces the **messages of the sessions and supports parents and teachers with practical tips** so that they can use - what the children have also learned in our programs - in their everyday lives.

Key takeaways of the **STRESS-MANAGEMENT** group sessions:

*You are the Captain of your body!
You can relieve the stress through 5 gates!*



What kids do during the session	Purposes of the exercise	Benefits of the exercise
Drawing the signs and symptoms of stress  → 	Recognizing tension	It will calm down the kid in a stressed situation when his/her feelings are reflected back: „You seem very angry.”
Team-work: discussing proven stress management techniques	To learn and practice all variety of stress-management techniques	During the team-work kids realize how many ways they can handle stress, also they share their best practices.
Stress-relief through 5 gates	Practiced techniques	How it helps?
1. Release tension through the <u>mouth</u>  (e.g.: talking, singing/listening to music, whistling, harmless ugly talk)	singing, abdominal breathing, breathing out with “A” vowel	When singing, the long vibration of the deep vowel has a calming effect on the nervous system, especially if it is combined with a long exhalation.
2. Release tension through the <u>muscles</u>  (e.g.: all kinds of sports, boxing into a pillow/box bag)	progressive relaxation	Progressive relaxation is based on tensing and then relaxing the muscles. Repetition of tension-relaxation adjusts our muscles to the state of rest.
3. Release tension through the <u>mind</u> (pl.: positive messages to ourselves; power of imagination; ...imagine negative thoughts disappear) 	imaginary balloon: blowing out the stress and letting it go	When we imagine something, it becomes reality for our brain. A long and slow exhalation gives the brain a "relax" command.
4. Release tension through the <u>hands</u> (e.g.: doodling, drawing, pressing stress-ball, writing down the feelings thought) 	scribbling freely on a paper	Vigorous doodling can help to channel the tension through the hands.
5. Release tension through the <u>skin</u> (e.g.: caressing, kissing, hugging, wrestling, caressing your pet) 	recalling a gentle touch	Touching releases the hormone called oxytocin in us, which also helps us relax. We encourage children to go and hug their loved ones, ask them for help.

Tips for stress relief at school and home

5 gates for stress relief	At SCHOOL	At HOME
1. Mouth 	<p>Have some “take it easy” music prepared, so you can use it any time to help to calm down.</p> <p>It is also good for enhancing concentration.</p>	<p>Let's talk as much as possible, ask questions. Let's sing or listen together to the songs/music the family knows and loves. It is good for children to hear their loved ones sing. Singing is especially useful when the child is afraid, because it blocks the fear center in the brain.</p>
2. Muscle 	<p>It will help kids to concentrate during class if make them to do some “big-movement” exercise on the spot at the beginning of the class.</p>	<p>Give as much time and opportunity for movement as possible, in the open air if possible. If we are stuck in the apartment, we can also watch workout videos on the Internet, do as many circles and hang out as possible</p>
3. Thought 	<p>Imaginary balloon blowing can be used before hard tests, so the unnecessary stress can be released.</p>	<p>Pay attention to avoid negatives and formulate affirmative sentences. E.g.: instead of „Don't worry! Don't breathe so fast!” say „Relax! Breath out slowly!” just like into an imaginary balloon.</p>
4. Hands 	<p>Make the kids scribble all the disturbing feelings and thoughts out freely. All they need is just a paper and a pencil. It doesn't matter if the paper gets torn while they let the stress go away. They can even rip the paper apart.</p>	<p>Buy our child a diary in which he/she can write/draw whatever bothers him/her. Respect this and never read without his permission. Offer the half-used pages for doodling, and we can even scribble out the tension together.</p>
5. Skin 	<p>When a kid feels very stressed we can put our hands on his/her shoulder, look in the eye and with a calm voice tell him/her what we want to say.</p>	<p>Touch and hug our children according to their age and needs. Even teenagers need and want this kind of physical contact sometimes!</p>

We collect **donations**, so we can provide free programs to **classes on our waiting list**. In case you would like to help via bank transfer: 11600006-00000000-44298384.

Your generous donation will help more children to learn how to handle the stress!



Thank you for your support! We hope you found this summary useful.

In case you need further information:

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