

*Stress Relief for Kids*  
*Taming Your Dragons*





# *Stress Relief for Kids*

## *Taming Your Dragons*

by

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Illustrations by: Mark Cavallaro, Ray Kemble, Denise Harris, Ray Kemble, and Kristen Baumaardner Caven

Printed in the United States of America.

Library of Congress Control Number:

ISBN

## *Dedication*

With thanks to the many children in my classes  
who have helped me learn the importance of  
taming my dragons



# Table of Contents

Greetings from the Author	x
Using This Book	xii
I Am Relaxed	
Let's Look Inside . . . . .	3
Light Up The Dark . . . . .	4
Down the Stairs . . . . .	5
A Shining Star . . . . .	6
Stretching	
Crazy Mixed-Up Umbrella . . . . .	8
Become Your Favorite Cat . . . . .	9
Monster Mask . . . . .	10
Picking Peaches . . . . .	11
Trees in the Breeze . . . . .	12
Seaweed, Sunflower, and Oak . . . . .	14
Imagine You're a Dragon . . . . .	17
Drakely the Dragon Says . . . . .	19
A Trip Through the Solar System . . . . .	20
What's Your Phone Number? . . . . .	22
Tilt-a-Dragon . . . . .	24
Breathing	
Rainbow Clouds . . . . .	26
What's for Dinner? . . . . .	27
The Alphabet Breath . . . . .	28
Five Breath Vacation . . . . .	30
Belly Balloon . . . . .	31
Treasure Breathing . . . . .	32

Relaxation Breathing . . . . .	33
Be Still, Be Still . . . . .	35
I Am Still . . . . .	37
Moving	
Milkshake . . . . .	40
Body Bopper Machine . . . . .	41
Spaghetti Dance . . . . .	43
Puppy Dog Wiggle . . . . .	44
Roller Coaster . . . . .	45
Hello Body . . . . .	46
Go, Drakely, Go! . . . . .	47
Imagining and Creating	
At Dawn . . . . .	50
At Midday . . . . .	52
At Twilight . . . . .	54
At Midnight . . . . .	56
If You Were a Dragon . . . . .	58
Your Own Special Dragon . . . . .	60
Somewhere Over the Rainbow . . . . .	62
Sack of Sand . . . . .	64
Melting Candle . . . . .	66
Special Delivery . . . . .	67
Warm Waterfall . . . . .	68
Butterfly Wings . . . . .	69
Dragon Treasure Chest . . . . .	70
Rainbow Breathing . . . . .	71

## Listening

You Are the Ocean . . . . .	74
Magic Messages . . . . .	75
Animal Guide . . . . .	76
Music in the Trees . . . . .	78
What Can You Hear? . . . . .	80

## Touching

Human Drum . . . . .	84
Raindrop . . . . .	85
Let's Go for a Walk . . . . .	86
Fabulous Feet . . . . .	87
Energy Elbows . . . . .	88
Let's Pretend . . . . .	89

## Rhymes and Rhythms

Talk Your Walk . . . . .	92
Dragons, Dragons, in the Sky . . . . .	94
Way Down Yonder . . . . .	96
Nine Little Dragons . . . . .	98

## The Dragon Thermometer

Dragon Thermometer . . . . .	100
Using the Dragon Thermometer . . .	101
Dragon Thermometer Songs . . . . .	103

## Touching

Weather Report . . . . .	106
Once Over Lightly . . . . .	108
Get Ready to Fly . . . . .	110
Dragons Really Are Alive . . . . .	112
Ten Little Dragons . . . . .	114



Poems and Songs

The Dragon and the Butterfly . . . . .	116
The Dragon's Hat . . . . .	118
Let Your Dragons Rest . . . . .	120
The Dragon Dream . . . . .	122
Singing the Song I Came Here to Sing	125
Inner Knowing . . . . .	126
Pray for Peace . . . . .	127

## *Greetings from the Author*

When *Taming Your Dragons* was first published in 1986, I had no idea how far my dragons would help me fly. My second book, *Taming More Dragons*, was released in 1994 and was the continuation of a creative process that is still going on.

Currently I share my dragon activities with the preschool children in my music classes at two Montessori schools. I teach the same ideas to Mexican women in my English as a Second Language classes. I include similar principles in my training workshops for prospective yoga instructors. Some of my most receptive students are the beautiful seniors in my yoga classes for the elderly. What started out as a collection of creative relaxation activities for children has expanded into a repertoire of experiences for anyone who is young at heart.

Since I began playing around with dragons, I have moved from the mountains near Boulder, Colorado, to a town on the coast of southern California. I went from elementary special education to university teaching, and then from retirement to three part-time jobs. Along the way I have balanced my passion for skiing with my love for boogie boarding.

I am delighted that my first two books are now republished in one volume along with some recent additions. I hope you will enjoy learning and teaching these activities and adding your original inspirations and innovations to them. Strive to maintain a healthy balance of energies on the mental, physical, emotional, and spiritual levels. Above all, have fun taming your dragons.

I give loving thanks to my husband, Bill, for continuing to encourage my creativity and to the many students from 3 to 93 who have inspired me to expand and grow.

## *Using This Book*

The following activities are designed to be read aloud very slowly and clearly. Use a calm, quiet voice and pause a few seconds at the end of each sentence. Your listeners will need plenty of time to enjoy every step of the experience without feeling hurried.

Be sure to end each activity with some gentle suggestions such as, “Begin to stretch like a cat; open your eyes very slowly; come back to a sitting position when you feel ready.” For the guided imagery activities I recommend a warm, carpeted area and low lights.

I suggest doing all these activities yourself before trying them with others.

These directions serve only as a guide for the reader. You may want to change the wording or the length of the activity. Use your creativity to expand these images as you wish.

You may want to tape record the directions and/or play quiet music in the background.

Many of these activities can lead very naturally into creative writing and art experiences. Encourage group discussions and sharing of feelings afterwards.

Help children learn to direct themselves and each other in these activities.

I sincerely hope that you will enjoy participating in these creative relaxation experiences.

# Centering



## *I Am Relaxed*

Purpose: feel quiet inside

Sit comfortably and close your eyes.

Let go of your face.

Feel your mouth and chin relax.

Listen to your quiet breathing.

As you breathe in, say to yourself, "I am"

As you breathe out, say to yourself "relaxed."

Continue to breathe gently and easily.

Continue to say, "I am... relaxed."

Continue to listen to your quiet breathing.

After a while you may want to change the words to:

"I am calm." "I am peaceful." "I am quiet."

Let yourself find the words and feelings which are best for you.

Feel your quiet, peaceful place inside.



## *Let's Look Inside*

Purpose: feel warm and peaceful inside

Sit comfortably and close your eyes.

Say these words to yourself:

(as you breathe in)

I close my eyes...

I listen to my breathing...

I let my body be still...

I feel my heartbeat...

I feel into my center...

I see a rainbow in the sky...

(as you breathe out)

and look inside my  
head

and quiet my thoughts

and relax my face

and let go of tightness

and feel warm inside

and am filled with  
peace

Let peaceful thoughts come to your mind.

