

Five-Finger Relaxation Technique (For Parents & Families)

Take a moment to pause. Sit comfortably and gently close your eyes, letting your hands rest in your lap. Using either hand, slowly bring each finger to your thumb, one at a time, as you reflect on the prompts below:

- **Index Finger to Thumb**

Think about a time when your body felt peacefully tired after a healthy activity—like a walk, playing with your child, or being outdoors. Notice the calm, relaxed feeling in your body.

- **Middle Finger to Thumb**

Recall a moment of comforting connection—perhaps a hug, holding hands, or a kind touch. Let yourself feel that sense of warmth and support.

- **Ring Finger to Thumb**

Bring to mind a sincere compliment or a moment you felt appreciated. Reflect on the positive impact of being seen and valued.

- **Little Finger to Thumb**

Imagine a peaceful scene in nature—a place that brings you calm, like a park, a beach, or a quiet backyard. Let that feeling of peace settle in.

Take a deep breath before opening your eyes. This simple practice can be a helpful way to pause, reset, and reconnect—both for you and alongside your child.

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Adapted from *The Relaxation & Stress Reduction Workbook* by Davis, M., Eshelman, E.R., & McKay, M. (1988). Oakland, CA: New Harbinger Publications.

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<https://www.bethel.edu/undergrad/academics/support/study-skills/files/relax-technique.pdf>