

The Kid's Edition

RETURN TO YOUR BODY:
A 31-DAY NERVOUS
SYSTEM RESET

Your gift from Naomi

Welcome (to parents)

I've created this month-long journal as a way for you and your child to connect with the idea of calming their nervous system at home, so that you can get the most out of your visits with me. We all have a nervous system, and they are usually over stimulated by everything that goes on in our lives, even in our children! Food, TV, screens, having to behave a certain way at school, learning to get on with our friends, all add to our physical, chemical and emotional workloads.

The pre-frontal cortex or logical part of our brains don't fully develop until 24 years old. That's why teenagers make bad decisions(!) So, many of the mindset techniques we give children to help manage fear, anxiety or stress can only help to a point. Because the part of their brain that helps us separate our emotions from our reality, simply isn't developed enough yet!

This is where embodied, somatic or physical exercises come into play. And this book is full of them! My hope is that through doing these exercises with your child, you find some tools that help them stay calm, regulated and connected throughout the day. So they can sleep better, feel better and become the best versions of themselves possible!

I also want to empower you as a family, with a better understanding of your nervous system, how it works, why it's important, and ultimately how it shapes the way we experience the world. By becoming more aware of your body's inner signals, science shows you will lead a longer and happier life. That's what I want for you and your family! I hope this book is useful and impactful for months and many years to come.

With love,
Naomi xx

How to use this journal (for young people)

OK, so this part is very simple - every day I have a new exercise to help you get to know your body better. Your brain is the master computer for your body and it controls everything you experience - how you feel, how you digest your food, how you sleep at night, run after a ball and **EVERYTHING else!**

Because life is often busy and full of things to do, this system gets easily over-worked. One of the best things you will ever learn (or so I think) is how to take care of your nervous system (the fancy word for your brain and spine when they work together).

This book is full of tools for you to try, tick them off as you go along and rate each one so that at the end, you can remember the ones that really worked for you and keep using them! You might be surprised at just how much better you feel when you do...

So good luck, have fun, and make sure your adult tries all the exercises with you (and make sure they are doing it right)!

Week 1: Tuning in as a path to calm

This week is about awareness, noticing sensations, breath, and tension. Becoming fluent in the language of your body begins with curiosity, and fun!



Week 2: Getting to know your body better

This week we focus on finding words to describe how we feel in our body to practice getting more in-tune. You'll learn physical tools to help calm your system that you can use anytime, anywhere to help feel better.



Week 3: Working with your mind

What happens in your brain is echoed in your body, and your body helps to influence your brain. This week you learn ways to work with your mind to help your body feel more grounded and safe.



Week 4: Mind & body working together

This week gathers all you've learned and combines physical and mental tools to try. This is so you can enjoy positive, consistent, gentle changes in the months ahead.

Q1
Day 1

WK 1

Tuning in as a path to calm



Daily practice:

Place one hand on your heart, one on your abdomen. Breathe and simply notice movement beneath your hands.

Your breath is the quickest way to access and calm your nervous system. You can use this several times a day, whenever you need to.

02
Day 2



Daily practice:

Close your eyes and notice what sensations come first, your heartbeat, breath, tingling, pulsing, or something else? Tell your grown up what you felt

Beginning to become aware of the sensations in your body is the first step to learning the art of listening to your body, and hearing its signals.

“Healing starts when you begin to notice — not when you begin to fix.”

03
Day 3

WK 1

Tuning in as a path to calm

/5 

Daily practice:

Try square breathing: breathe in to the count of 4, hold for 4, out for 4, hold for 4, in again. Try 2 minutes.

Your breath is the quickest way to access and calm your nervous system. You can use this several times a day, whenever you need to.

04
Day 4

/5 

Daily practice:

**Try lying down with a hot water bottle on your chest.
Allow the warm pressure to help you feel calm.**

This is a wonderful way to tap into a feeling of safety and calm. You can try it when you go to bed at night, to help you drop to sleep more quickly.

“Deep breathing is the love language of your nervous system and your body’s first language of presence.”

05
Day 5

WK 1

Tuning in as a path to calm



Daily practice:

Set a timer for 3-5 minutes. Allow yourself to sit and simply “be” (try to relax and not do anything). Breathe slowly and deeply as you do.

Taking a few minutes each day to listen to your body and notice what's happening in your mind is an important skill to learn when we are young. Set your time and see how it goes!

06
Day 6



Daily practice:

Eyes shut, think about how you feel in your body. Try to come up with as many interesting words as you can (avoid “good or OK”) you might feel light, strong, mix-up or something else

Beginning to become aware of the sensations in your body is the first step to learning the art of listening to your body, and hearing its signals.

***“Noticing feelings in your body is the quiet superpower of healing.
The more you feel, the better you are!”***

07
Day 7

WK 1

Tuning in as a path to calm

/5 

Daily practice:

Take 3 deep breathe in a row, each time letting them out with a loud sigh or “ahhhh”, drop your shoulders down too if you can!

When we breathe deeply and release our breath in this way, you activate a wiring system in your brain which releases chemicals into your body to help you feel better.

08
Day 8

/5 

Weekly Reflection:

What did you notice that was different about this week? Which exercises would you like to do again, and when would you like to do them?

**Well done for making it to the end of week 1
- keep going!**

“It is always better to find and release emotions so our bodies and minds can stay relaxed and healthy.”

09
Day 9

WK 2

Getting to know your body better



Daily practice:

Wrap your arms around yourself, take three deep breaths, and gently sway side to side. Experiment with pressure to see what feels good.

10
Day 10



Daily practice:

Eyes shut, think about how you feel in your body. Try to come up with as many interesting words as you can rather than just good, fine or OK

Beginning to become aware of the sensations in your body is the first step to learning the art of listening to your body, and hearing its signals.

“When a body feels safe, it doesn’t just move, it hums like electricity finding its circuit.”

11 Day 11

WK 2

Getting to know your body better

/5 

Daily practice:

In bare feet, stand firmly and take 5 slow, deep breaths, focussing on where your feet connect with the ground. Go outside if you dare!

Grounding has great basis in science and you can use it anywhere to help yourself feel calmer and more confident.

12 Day 12

/5 

Daily Practice:

Hum your favourite tune as loudly as you can for the whole tune. Or simply have fun making lots of humming sounds so your whole body vibrates!

When you hum, the vibration goes through your body and helps you to feel good by calming your vagus nerve which is usually concerned with your survival!

“The nervous system can’t be pushed or forced into calm; it must be invited.”

13
Day 13

WK 2

Getting to know your body better

15 

Daily practice:

Wrap your arms around yourself, take three deep breaths, and gently sway side to side. Experiment with pressure to see what feels good.

This is a powerful physical action of creating safety in your body. Notice if any emotions or memories arise as you do it.

14
Day 14

Weekly Reflection:

What did you notice that was different about this week? Which exercises would you like to do again, and when would you like to do them?

Well done for making it to the end of week 2, you are amazing!!

“All the ways you learn to take care of your nervous system now, will take care of you for a lifetime”

15
Day 15

WK 3

Working with your mind

15 ✓

Daily practice:

Think of something negative that happened recently and see how many good things it helped you learn or experience because it happened

Sometimes it's easy to focus on the bad things that happen to us, but it's also a time when we learn to be brave, strong and resilient. It's good to notice that too!

16
Day 16

16 ✓

Daily Practice:

Hum your favourite tune as loudly as you can for the whole tune. Or simply have fun making lots of humming sounds so your whole body vibrates!

When you hum, the vibration goes through your body and helps you to feel good by calming your vagus nerve which is usually concerned with your survival!

“The placebo effect shows our brains are so powerful that our thoughts can become our reality”

17
Day 17

WK 3

Working with your mind



Daily practice:

Stand up from where you are, feet firmly planted hip width apart, stand with shoulders back and chest out. Breathe into this posture and notice how your emotions shift.

Standing with strong posture creates a shift in the brain which results in a feeling of confidence, even if we don't feel it. Use your wiring to your advantage!

18
Day 18



Daily practice:

Try thinking of your worries like leaves on a tree, ask yourself “can I let it go?” and imagine them falling gently out of your head, to the ground

When we resist patterns or emotions we perceive as negative, they tend to become stronger. Rather than fighting chaos with calm, practice release and acceptance.

“When you stand tall, your body remembers its power. You become both grounded, steady and alive.”

19
Day 19

WK 3

Working with your mind

1/5 

Daily practice:

Think of something negative that happened recently and see how many good things it helped you learn or experience because it happened

Sometimes it's easy to focus on the bad things that happen to us, but it's also a time when we learn to be brave, strong and resilient. It's good to notice that too!

20
Day 20

1/5 

Daily Practice:

Find a space in your home that makes you feel happy. Take time to clear the space, or add something which will inspire you to spend more time there.

When the space around you feels good, it helps you feel good on the inside too! If your room is very messy for example, it can create more stress in your brain.

“The placebo effect shows our brains are so powerful that our thoughts can become our reality”

21
Day 21

WK 4

Mind and body working together

15 

Daily practice:

Choose some music to match your mood and move organically to it. Allow yourself to stretch, bend, move and twist in whatever way feels right

Have fun experimenting with different styles of music and movement. Don't be afraid to try something that feels unexpected, and dance like no one's watching!

22
Day 22

Weekly Reflection:

What did you notice that was different about this week? What small changes have you noticed in how you feel since you started this journey?

Congratulations for completing your third week! You are showing an amazing commitment to yourself 😊

“The spine is the bridge between body and brain — and between thought and feeling.”

23
Day 19

WK 4

Mind and body working together

/5 

Daily practice:

Breathing in and out deeply and slowly, imagine yourself breathing in love, and breathing out fear. Say the words in your head as you do this.

Combining body and brain is powerful when you use your breath. You can think of your own emotions that you would like to increase and release here. Try it for 2 minutes.

24
Day 24

/5 

Daily Practice:

Test what your body 'wants' using muscle testing. Hold your index finger and thumb together and ask a question while you try to pull them apart. A 'yes' stays strong and a 'no' will break them apart.

As you tune into your awareness daily, try to distinguish between your thoughts and mind, and signs from your body. This is a fun way to experiment with this.

"The body is always speaking; most of us have just forgotten how to hear."

25
Day 25

WK 4

Mind and body working together



Daily practice:

**Say a quiet “thank-you” to your body for something it’s done well today.
Share your thank you with someone.**

We are so used to saying what’s wrong with our bodies, we forget to recognise all the ways it shows up for us and keeps us alive.

26
Day 26



Daily practice:

If there is something tricky come up in your day, try to find at least 3 good things that might happen if you manage to do it, or if you don’t!

Almost everyone has that “I don’t want to...” feeling right before we do something that challenges us. When we focus on the good, rather than the scary part, it helps us take action

“When you begin to truly listen to your body, everything starts to change.”

27
Day 27

WK 4

Mind and body working together

15 ✓

Daily practice:

Do something today that sparks joy - it lights you up or makes you laugh. It can be anything at all, just allow yourself to seek it out.

Often things which are funny or silly bring joy and helps us connect to our 'inner child'. What would happen if you felt this every day?

28
Day 28

15 ✓

Weekly Reflection:

What exercises have you enjoyed most this week? Which ones do you want to do again, or want to use in daily life to make yourself feel good?

**Wow, 4 weeks done and only a few more days to go!
You are really amazing for sticking with yourself.**

"The spine is the bridge between body and brain — and between thought and feeling."

29
Day 29

WK 5

When everything comes together



Daily practice:

Your daily reset menu: list 3 things you can do daily to reset your nervous system, from this book or create your own!

Having your top 3 go-to tools will be incredibly helpful next time you feel anxious or overwhelmed. Feel welcome to experiment and create your own too.

30
Day 30



Daily practice:

Try to name 3 signs YOU notice that shows it's time to calm your system. It could be your sleep, a sensation, an emotion, or something else!

Noticing the signs that it's time to take care of yourself is very important. Your family might be good at supporting you with this too, so share with them so they know when to be extra kind or to give you space. This is a great time to show them how to help you too!

"Every small change you make today is a gift to the more grown-up you in the future!"

When everything comes together

Top tips for home:

Think about calming the home environment too - having sounds and lights turned low, and intentionally creating a calm atmosphere for you to relax and enjoy at home.

Take time with your adult to look back through this journal, especially the exercises you rated highly (4 or above). Make a note of the ones you liked and make sure to keep doing them!

- What do you think you have learned through doing these exercises?
- Are there any changes you would like to make to help you feel more relaxed, happy and calm?
- How would you like to keep this going in future?

These are big questions but you have all the answers already inside of you.

My wish would be that you realise how important it is to stay tuned into your inner world as much as you are on your phone or TV show!

Space for notes

Your space for reflection: use this space to make notes about any of the exercises or questions that came up.

The ratings are in!

Which exercises were your winners that you would do again? write them here!

5

“You are the Answer. You always have been.”

Congratulations on showing up for yourself... what's next?

The language of your body is feeling.

It speaks to you through sensations: things like butterflies in your tummy, a tight chest, a racing heart, or that warm, fizzy feeling when you're excited or proud. Sometimes it can be tricky to notice what your body is saying, but when you pause, listen, and take action, you're helping yourself feel calmer, stronger, and happier. And that's pretty amazing, right?

No matter how often you tried these exercises, you've already proved something really important, that a part of you cares about how you feel, and wants to look after your body and mind. Keep practising that! Listening to yourself is one of the smartest things you can ever learn to do.

I know from my own life that it's easy to get caught up being busy all the time, working hard, doing lots for other people, and forgetting to take care of myself. For a long time, I didn't know how to just be still. But when I finally slowed down and started to notice how my body felt, things began to change. I learned how to calm my nervous system, take better care of myself, and make choices that brought me more peace and joy.

Making change doesn't happen overnight. It takes small, brave steps and practice. But each time you notice what your body is telling you, or choose something that helps you feel good inside, you're building a stronger, kinder relationship with yourself. And that makes a huge difference to your future.

So here's my final question for you:

What's one small thing you'll keep doing to help your body and mind feel good?

Maybe you will share it with me next time I see you!

With love,

Naomi xx

One of the best ways you can develop these skills further is to share them with other friends and family. You can also look at starting hobbies or activities that help with this like dancing or painting for fun. Playing around with your friends or being out in nature. See what's around that you could also try doing.