THE PE HUB

10 Festive Cool Down Ideas

After all that festive fun, help children lower their heart rate with these Christmas-themed cool-down activities.



10 Festive Cool Down Ideas

1

Decorating the Christmas Tree

Stretch high to place the star on top of the tree, then slowly reach down to collect another decoration.

2

Catching Snowflakes

Pretend snowflakes are gently falling. Reach, stretch and catch them before slowly placing them on the ground.

3

Santa's Deep Breathing

Breathe in slowly through your nose as Santa fills his sack with presents.
Breathe out gently through your mouth as he delivers them. Repeat five times.

4

Sleeping Polar Bear

Lie quietly on the floor pretending to be a sleeping polar bear in its cosy den.
Focus on slow breathing.



5

Wrapping Presents

Twist gently from side to side as if wrapping a large Christmas present.

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6

Penguin Waddle Stretch

Walk slowly with little waddles before stretching calves and hamstrings.

7

Christmas Star Stretches

Make your body into the shape of a star before slowly stretching each arm and leg.

8

Building a Snowman

Slowly bend to roll snowballs, reaching forwards and upwards as your snowman grows taller.

9

Watching the Northern Lights

Stand still and slowly follow imaginary lights moving across the sky with your eyes and arms.



10

Christmas Wish Relaxation

Children close their eyes, take slow breaths and imagine their perfect snowy Christmas scene while listening to calm festive music.