

Listening to calming music can help a child regain focus. Even very young children may enjoy listening to relaxing classical music or the music of artists like Enya or Josh Groban.

8. Meditate

The Mayo Clinic also advises that meditation techniques, such as yoga or transcendental meditation, relax the mind and body. Here is a simple meditation your child can use at home, but it works well in the classroom too.

1. While your child sits on her bed at home, or at her desk before class begins, she should place her hands in her lap and close her eyes.
2. The next step is to breathe in and out slowly and evenly.
3. Each breathe in and each breathe out counts as a single count, and she should practice this even breathing for a count of at least 50 (try for at least 30 in the classroom).
4. As she settles into the meditation, she should focus on listening to her breathing. As she does, she'll begin to feel more calm and focused.
5. When she finishes her count of 50, she should take a very deep breathe, let it out slowly, and then open her eyes.