

Dear Parents

## ***Relax Kids classes are back!***

We are excited to announce that, due to the success of last term's sessions, '**Relax Kids**' classes for KS1 are continuing at Wheelers Lane Primary School this term!

The classes will be held on Tuesday lunch times (starting 21<sup>st</sup> January) for children in Years 1 and 2. Places are limited so will be allocated on a first come first served basis.

This term, each session will be based around a well-known story and will include each of the Relax Kids seven steps. Please find a brief outline of the sessions below:

**Week 1 – 'We're going on a Bear Hunt'**

**Week 2 – 'The Gruffalo'**

**Week 3 – 'Giraffes Can't Dance'**

**Week 4 – 'The Smartest Giant in Town'**

Sessions will focus on helping the children to feel calm and confident and will support their emotional development through a series of interactive, imaginative and fun activities including:

**Movement, songs and games, fun stretches, gentle self-massage, brilliant breathing exercises, positive self-talk and relaxing stories**

The classes will run for four weeks and can be booked as a block. A block of **4 x weekly** lunch time classes is available for **£20.00**.

To book a place for your child on these sessions, please email me at [carolinenstanford@gmail.com](mailto:carolinenstanford@gmail.com) or contact me on **07763905375**. Due to restricted numbers, spaces will be allocated on a first come, first served basis once details and payment are received. Please ensure you **book your place by Friday 17<sup>th</sup> January**. Payment can be made by bank transfer to: **Mrs Caroline Stanford** Sort Code **30-63-64** Account Number **53993260**. Please put your child's name as the reference.

Please do not hesitate to contact me with any question you may have.

Many thanks.

**Caroline Stanford**  
**Relax Kids Coach**