

Dear Parents

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.

'Relax Kids' classes are designed to teach children mindfulness and emotional-regulation techniques which help build self-confidence, self-esteem and positive relationships. Through each class, children are introduced to tools and techniques which enhance their emotional wellbeing, enabling them to deal positively with their feelings and feel good! The classes are fun and engaging and give children the opportunity to relax so that they leave the class feeling happy, calm and refreshed.

Relax Kids classes have been endorsed by Ofsted, Educational Psychologists, SENCOs, and teachers and Relax Kids was used as part of an NHS programme which went on to win the Nursing Standards Award for the Mental Health Category.

Every class is made of the following 7 steps:

<b>MOVE</b>	<b><u>High energy songs and movements</u> to release endorphins and develop co-ordination and balance</b>
<b>PLAY</b>	<b><u>Fun games for vitality and joy</u> to encourage social interaction, develop confidence and self esteem</b>
<b>STRETCH</b>	<b><u>An introduction to yoga positions</u> to sharpen concentration, and promote balance and inner calm</b>
<b>FEEL</b>	<b><u>Self-massage</u> for self-awareness, to help relax muscles, calm nerves, lower stress levels and improve circulation</b>
<b>BREATHE</b>	<b><u>Breathing exercises</u> to create inner calm, and to teach children how to deal with feelings of anger, anxiety and stress</b>
<b>BELIEVE</b>	<b><u>Affirmations</u> to promote positive thinking, self-esteem and emotional resilience</b>
<b>RELAX</b>	<b><u>Guided visualisations</u> for deep relaxation, peace, deeper sleep, improved concentration, listening skills and memory</b>

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