



relax Kids

creating calm confident kids

 **WORK HARD.**
BE KIND.
TAKE RESPONSIBILITY.

MOVE

PLAY

STRETCH

FEEL

BREATHE

BELIEVE

RELAX

Relax Kids is a unique method of introducing children to relaxation. It can help their concentration skills, their listening skills, their creativity skills, their self-esteem and their mental and physical health.

To support children, we use a special system that we have created that revolves around elements of social and emotional aspects of learning.

Pupils who are exposed to relaxation have been found to be more positive, productive and focused.

Children are asked to complete activities including movement, games, breathing and stretching, massage, affirmation and visualisation to achieve this target.

Classes will be taught by Natasha Lewis (fully licensed Relax Kids Coach) who is also running community sessions and sessions with other schools in Nuneaton.

We run classes for children to help support their emotional literacy and development which we believe is just as important as their physical and academic development.