



What is the Theory Behind Relax Kids?

Relax Kids uses a unique method to take children from high energy and stress levels to a state of relaxation that has been shown to have a positive impact on children's mental and emotional health and wellbeing. The process involves movement exercises, social games, stretching, peer or self massage, breathing exercises, affirmations and relaxations including visualisations, mindful and autogenic exercises, all elements of which are evidence-based and play an important part in self-regulation. Sessions are fun, interactive and inclusive and enable the child to engage and to fully experience the change for themselves. Our 7-step holistic approach has been shown to have a positive affect on children's mental, and emotional, health and wellbeing.

7 Steps of Relax Kids

MOVE	Warm up exercise for energy & fun
PLAY	Activity games for vitality, creativity & joy
STRETCH	Stretching for balance, inner strength & power
FEEL	Peer/Self massage for self awareness, empathy and respect
BREATHE	Breathing exercises for improved health, anxiety & inner calm
BELIEVE	Affirmations for self esteem, confidence & positivity
RELAX	Visualisations for deep relaxation, imagination & peace

The Relax Kids 7 steps are laid out in a certain order to work with children's natural energy systems. The movement and games stimulate the sympathetic nervous system, stretching exercises encourages their muscles to stretch and stimulates the sympathetic and parasympathetic nervous systems.

Massage helps release oxytocin and happy chemicals such as serotonin and dopamine and breathing exercises stimulate the vagus nerve and lowers the stress responses. Positive affirmations further encourages the release of endorphins as children think and speak positively and finally the relaxation and visualisation exercises, at the end,

How do I refer my child?

For further information, or to refer your child, please speak to Mrs Webb or Mrs Pound (Pupil and Family Support Leads) and/or your child's Classteacher. In order to access the provision, a signed school referral form is required.