



Old Eglish Road
Dungannon
BT71 7BE

Tel: (028) 87 727277
Fax (028) 87 727610

12th February 2018

Dear Parent/Guardian

Relax Kids - Improving Children's Mental Health and Wellbeing

I am writing to introduce you to Relax Kids and to let you know that Mrs Paula McGilligan will be shortly running Relax Kids sessions in our school for all classes from Nursery to Primary 7.

Relax Kids offers a unique system of children's relaxation and mindfulness that will help children decrease stress and anxiety, increase attention span and improve concentration. Relax Kids also supports good mental health, pupil self-esteem and resilience.

Relax Kids has shown to improve emotional wellbeing and behaviour in children. Relax Kids sessions incorporates movement and exercise, mindfulness and relaxation games, stretching, peer or self-massage, breathing techniques, affirmations and visualisations. Each class is based upon an imaginative theme, and gently introduces children to simple and fun mindfulness tools that can be used in all areas of their lives.

Relax Kids classes are supported by a range of high quality mindfulness and relaxation books and CDs and class printables which help bring calm and quiet to the classroom.

We are holding a parent information workshop on **Thursday 1st March at 7pm**. We strongly recommend that at least one parent/guardian from every home (Nursery -P7) attends so that you will be better informed about how Relax Kids can benefit children across all age groups, especially for exams and transitions. You will also get the opportunity to view the classroom resources.

I hope to see as many of you there as possible.
Thanking you for your continued support.

Yours Sincerely,

Sandra Ferguson
Mrs Sandra Ferguson

Relax Kids Parents' Information Workshop

I can /cannot attend (please delete) the Relax Kids workshop being held at Windmill Integrated Primary School on Thursday 1st March at 7pm.

Child's Name: _____ Class: _____

Number attending: _____

Signed: _____ (Parent/Guardian)

Benefits of Relax Kids

MOVE

MOVE play stretch feel breathe believe relax

Benefits of Movement and Warm up:

- Improves circulation
- Releases endorphins
- Boosts energy
- Develops flexibility, coordination, balance and strength

PLAY

move PLAY stretch feel breathe believe relax

Benefits of Mindfulness games:

- Encourages social interaction
- Improves communication, cooperation
- Develops confidence and self esteem
- Develops language and social skills

STRETCH

move play STRETCH feel breathe believe relax

Benefits of Stretching:

- Improves circulation and boosts immune system
- Promotes balance and mental calm
- Sharpens concentration
- Decreases tension

FEEL

move play stretch FEEL breathe believe relax

Benefits of Peer Massage:

- Lowers stress levels and relieves tiredness
- Helps relax muscles and calms the nerves
- Promotes better social contact, respect and communication
- improves circulation and stimulates lymphatic system

BREATHE

move play stretch feel BREATHE believe relax

Benefits of Breathing:

- Brings energy to the respiratory system
- Calms the nerves
- Develops concentration and clarity
- Helps reduce anger, anxiety and stress

BELIEVE

move play stretch feel breathe BELIEVE relax

Benefits of Affirmations:

- Promotes positive thinking
- Develops self confidence and self esteem
- Boosts self-esteem
- Improves emotional resilience

RELAX

move play stretch feel breathe believe RELAX

Benefits of Visualisations:

- Improves concentration, listening skills and memory