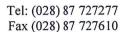
Old Eglish Road Dungannon BT71 7BE





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, Mrs Sandra Ferguson	
Relax Kids Parents' Information Workshop I can /cannot attend (please delete) the Relax Ki Primary School on Thursday 1 <sup>st</sup> March at 7pm.	ds workshop being held at Windmill Integrated
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
	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
	Benefits of Stretching: Improves circulation and boosts immune system Promotes balance and mental calm Sharpens concentration Decreases tension
PEEL	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
BREAUTE	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
BECOEVE	move play stretch feel breathe <b>BELIEVE</b> relax <b>Benefits of Affirmations:</b> Promotes positive thinking  Develops self confidence and self esteem  Boosts self-esteem  Improves emotional resilience
AX	move play stretch feel breathe believe <b>RELAX</b> Benefits of Visualisations: Improves concentration, listening skills and memory