



Relax Kids classes are fun and engaging to help children manage stress and anxiety whilst building self-esteem and confidence.

We use a simple 7 step Award-winning* system that includes movement and games, stretching and peer massage, breathing exercises, positive affirmations and visualisations.

**Relax Kids system was used in CAMHS programme that won 2011 Nursing Standards Award in Mental Health category.
For further information; www.relaxkids.com*



When is the club?

The club is on Monday after school from 3:30 to 4:45.

Who is the club for?

The club is for year 4, year 5 and year 6 until December 2017.

Where is the club?

The club is in the Hive.

Who runs the club?

Mrs Phelps (Relax Kids Coach)