

Award winning*

relax Kids



RELAXATION CLASSES

HELP SUPPORT YOUR CHILD'S EMOTIONAL WELL-BEING

Relax Kids Classes Can Help:

- Improve sleep
- Aid concentration and focus
- Increase confidence and self-esteem



Classes Include:

- Movement & Games
- Stretching
- Breathing Exercises
- Peer/self Massage
- Affirmations & Positive Self-talk
- Relaxation



For more information:



relax_kids_with_steph



Relax Kids with Steph - Reading area

Contact: relaxkidswithsteph@outlook.com

We explore ways in which we can take care of our emotional well-being and learn relaxation skills.



www.relaxkids.com

*Relax Kids 7-step was used in a system that won the Nursing Standards Award

MOVE

PLAY

STRETCH

FEEL

BREATHE

BELIEVE

RELAX