



Thursday 21st October 2021

Dear Parent or Carer

Chandag Infant School will offer 'Relax Kids' classes next term, as part of a continued focus on wellbeing and health. I am a Relax Kids Coach and School Governor who will be providing courses lasting one half term to each class starting from 8th November.

Relax Kids offers a unique system of children's relaxation and mindfulness that teaches essential life skills such as identifying and managing emotions and providing a tool-kit for stress and anxiety. Classes support children to increase their attention span and improve concentration. Classes facilitate the development of good mental health, self-esteem, and resilience. Relax Kids has been shown to improve emotional wellbeing and behaviour in children.

Relax Kids sessions incorporate 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 such a snowstorm or monsters, and gently introduces children to simple and fun mindfulness tools that can be used in all areas of their lives with the long-term goal of increasing emotional intelligence and happiness.

Massage

Each class offers students the opportunity to massage themselves or their peers for a short time of approx. 2-4 minutes. I have been trained in peer massage as well as in the Relax Kids method and never massages any children herself, instead demonstrating using a poster or toy.

Before your child massages another child from their class, they will always ask for verbal permission, to ensure that consent is given. Although most children enjoy the kind and gentle experience of massaging another peer, then receiving a massage from that same person, some children do not enjoy it ever. Please let us know if this is your child. Some children might not like to give or receive massage on a particular occasion. Children will always be given the option of self-massage, and verbal consent will be obtained for peer massage before every occasion. Please let a member of staff know if you would like to opt out of the possibility of peer massage, and the coach will always direct your child to self-massage. Class 1 will be a self-massage focussing on hands and arms.

I look forward to working with your children soon

Kind regards

Clare Anderson