

MOVE

PLAY

STRETCH

FEEL

BREATHE

BELIEVE

RELAX

relax Kids

creating calm confident kids

Dear Parents/Carers,

### **Relax Kids After School Club - KS2 - Fridays**

I am pleased to be able to offer a Relax Kids after school club again for Years 3-6 next half term. The theme will be Mythical Adventures.

Relax Kids is a unique method of introducing children to emotional wellbeing and relaxation, and aims to help children feel happy and confident. It is an award winning seven step programme, where children are given opportunities to take part in activities including movement, games, stretching, peer or self massage, breathing exercises, affirmations and a guided relaxation at the end of the session. Children learn strategies to feel calm, stay focused and manage their emotions, as well as build resilience, confidence and self-esteem, all whilst having lots of fun! It is a fantastic way to end the week!

The club will operate from 3.25 to 4.25 on Fridays, starting on Friday 13<sup>th</sup> September and run for 7 weeks until Friday 25<sup>th</sup> October. The cost is £6 per session, £42 for the 7 weeks.

Places are limited and will be offered on a first come, first served basis.

To book your child into the afterschool club, please email [relaxkidsjennyshires@gmail.com](mailto:relaxkidsjennyshires@gmail.com) with the following information:

- name and class
- any relevant medical information
- two emergency contact numbers
- any other information that may be relevant

Bank details will follow via email when you register your child.

Kind regards,

Jenny Shires  
Relax Kids Coach and Primary Teacher