



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

**Heatherside Infants Mondays 3.15-4.30pm**

**Heatherside Juniors Tuesdays 3.10-4.15pm**

**[www.bookwhen.com/relaxkidsfleet](http://www.bookwhen.com/relaxkidsfleet)**

**£ 8 per session per child - booked half termly**

**[\\_Facebook-Relax Kids Fleet](https://www.facebook.com/RelaxKidsFleet)**

MOVE

PLAY

STRETCH

FEEL

BREATHE

BELIEVE

RELAX