



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 Infants Thursdays 3.15-4.30pm

Heatherside Juniors Tuesdays 3.10-4.15pm

www.bookwhen.com/relaxkidsfleet

£ 8 per session per child - booked half termly

_Facebook-Relax Kids Fleet

MOVE

PLAY

STRETCH

FEEL

BREATHE

BELIEVE

RELAX