



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:

Please scan the QR code to book!

Heatherside Infants Mondays 3.15-4.30pm

Heatherside Juniors Tuesdays 3.10-4.15pm



MOVE

PLAY

STRETCH

FEEL

BREATHE

BELIEVE

RELAX