

MOVE

PLAY

STRETCH

FEEL

BREATHE

BELIEVE

RELAX



Thursday 28th March 2019

Dear Parent,

Relax Kids Afterschool Club – KS1 only

We are offering Relax Kids to KS1 children on a Monday after school until 4.00pm. The class aims to help children be calm and confident and the sessions will run on the following dates:

Monday 29th April, Monday 13th May, Monday 20th May

Monday 10th June, Monday 17th June, Monday 24th June

There are limited places (10) and these will be offered on a first come, first served basis.

In each Relax Kids class your child will learn fantastic ways to feel happy, peaceful, calm and confident. The class will run for just under an hour and will incorporate movement, stretching and breathing exercises, as well as simple self and peer-massage and self-esteem games and relaxation exercises. There is no charge for this club as the cost will be covered by school.

The classes will be taught by Lisa Donoghue who is a fully licensed Relax Kids coach.

For more information about Relax Kids please visit www.relaxkids.com or ask your child's teacher for further information.

Many Thanks

Child's name: _____ Class: _____

I have read the above letter and I would like my child to participate in the session: Yes/No

Please list any relevant medical conditions (e.g. asthma, epilepsy):

Parent / Guardian Signature: _____ Date: _____