



Give your child the  
**gift of confidence**  
with Relax Kids classes



# little stars

ages 3-5

## Helps with:



hyperactivity  
anxiety  
tantrums  
sleeping problems



### 30 min class includes:

dance and movement  
singing  
relaxation games  
stretches  
gentle peer massage  
breathing exercises  
positive self talk  
story visualisation

For more information:



[www.relaxkids.com](http://www.relaxkids.com)

## Little Stars Classes

A 30 minute class to help promote better sleep, build self confidence and help to create some inner calm.

Starting February 20<sup>th</sup> @ Earley St Peters Church Hall; 2.15-2.45pm; £5 for the session or £25 when a block of 6 classes booked.

## Mighty Monster Adventure Classes

A 45 minute session full of movement, play, stretching, breathing, massage, affirmation and relaxation. Ideal to help your 5-8 year old develop strategies to manage their big feelings.

Starting February 17<sup>th</sup> ; 2.30 – 3.15pm; £5 for the session or £25 when a block of 6 classes booked.

<https://www.relaxkids.com/class-booking.aspx?class=8519>



# MIGHTY MONSTER ADVENTURES



**For more information contact Michelle on 07872052158 or on FB @RelaxKidscoolcalmconfident**

# 7 Steps of Relaxation

relax Kids

**MOVE**

Warm up exercise for energy & fun

**PLAY**

Activity games for vitality, creativity & joy

**STRETCH**

Stretching for balance, Inner strength & power

**FEEL**

Peer/Self massage for self awareness, empathy and respect

**BREATHE**

Breathing exercises for improved health, anxiety & inner calm

**BELIEVE**

Affirmations for self esteem, confidence & positivity

**RELAX**

Visualisations for deep relaxation, Imagination & peace