



## Spotlight on Relax Kids

The well-being and mental health of every child is at the heart of Stratford upon Avon Primary School. Relax Kids is an inclusive programme and forms part of the school's rich curriculum, with its evidence-based emotional resilience classes, that empower children to become more focussed, more confident, resilient and relaxed. The programme - endorsed by Ofsted and educational professionals - complements the school's curriculum to provide opportunities for all pupils to learn and achieve.

Relax Kids sessions boost children's self-esteem, encouraging them to think as individuals and put forward their ideas and opinions confidently, with support from their peers. Every Relax Kids exercise or activity challenges children to think creatively and expand their imaginations. It also teaches children the importance of a healthy lifestyle - both mental and physical.

The programme also promotes pupils' moral, social and cultural development preparing them for the opportunities, responsibilities and experiences life beholds. In all sessions, the children are taught to respect each other's feelings and to make informed choices, with consideration of the consequences of their actions and words.

The creative seven-step programme takes children from high energy levels to a relaxed state providing distinct emotional and physical benefits. The themed/topic-based classes are taught to every child in the school equipping them with strategies and tools to aid their emotional regulation and enhance learning outcomes and promote emotional literacy.

Relax Kids meets three prime areas of importance for developing children's capacity to thrive and ignite curiosity and an intrinsic love for learning: Personal, social and emotional development, physical development and communication and language.

## Learning Outcomes for Children at Stratford upon Avon Primary School

- Increase concentration, focus and attention • Help pupils identify and manage emotions • Improve learning and school performance
- Build sustainable strategies to manage stress and anxiety • Reduce negative thinking and behaviour • Aid self-control, emotions and conflict resolution • Equip students with simple behaviour management strategies • Improve listening skills, social and communication skills
- Reduce anxiety, bullying and peer pressure • Improve positive thinking, confidence and self-esteem • Improve pupil resilience and self-regulation

## Cognitive

Relax Kids can help the development of symbolic and imaginative play, teaches sequencing and logical thinking skills, promotes the development of executive functioning skills (response inhibition, working memory, emotional control, sustained attention, flexibility), enhances memory, and increases capacity to regulate metacognitive processes.

## Communication

Relax Kids can help the development of social communication skills necessary for cognitive and social/emotional growth, develops expressive and receptive communication skills, teaches lexical and pragmatic skills, and assists in overall language development.

## Social and Emotional Development

Relax Kids can help the development of self-regulation skills, turn-taking, empathy, ability to label own and other emotions, cooperation skills, and ability to gain attention from others in appropriate ways.

## Adaptability

Relax Kids can help the development of independence skills by assisting children to separate easily from caregivers and become more independent in play, communication, daily living skills and decision making.

## Physical development

Relax Kids can help the development of gross and fine motor skills as well as sensory processing skills.

relax Kids www.relaxkids.com		Benefits of Relax Kids
MOVE	move play stretch feel breathe believe relax	<b>Benefits of Movement and Warm up:</b> Improves circulation Releases endorphins Boosts energy Develops flexibility, coordination, balance and strength
PLAY	move play stretch feel breathe believe relax	<b>Benefits of Mindfulness games:</b> Encourages social interaction Improves communication, cooperation Develops confidence and self esteem Develops language and social skills
STRETCH	move play stretch feel breathe believe relax	<b>Benefits of Stretching:</b> Improves circulation and boosts immune system Promotes balance and mental calm Sharpens concentration Decreases tension
FEEL	move play stretch feel breathe believe relax	<b>Benefits of Peer Massage:</b> Lowers stress levels and relieves tiredness Helps relax muscles and calms the nerves Promotes better social contact, respect and communication Improves circulation and stimulates lymphatic system
BREATHE	move play stretch feel breathe believe relax	<b>Benefits of Breathing:</b> Brings energy to the respiratory system Calms the nerves Develops concentration and clarity Helps reduce anger, anxiety and stress
BELIEVE	move play stretch feel breathe believe relax	<b>Benefits of Affirmations:</b> Promotes positive thinking Develops self confidence and self esteem Boosts self-esteem Improves emotional resilience
RELAX	move play stretch feel breathe believe relax	<b>Benefits of Visualisations:</b> Improves concentration, listening skills and memory Improves mental and emotional health Promotes deeper sleep Develops imagination and creativity