

Families Living & Learning Together with Relax Kids



The Crossley Company

Support, strategies & training for
professionals and parents

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A course targeted at parents universally in primary schools to improve confidence & knowledge of children's mental & emotional health and well-being.

Programme to give parents simple & practical strategies to help them confidently practice skills to support building their children's confidence, self-esteem and resilience as well as to manage their children's emotional behaviour, prevent behavioural, social or emotional problems developing, and build strong healthy relationships.

- * **BRAIN TRAINING FOR CALM**
[understanding & managing strong emotions like stress & anxiety]
- * **TAMING THE EMOTIONS MONSTER**
[the theory and process for adults to successfully support children with practical proven strategies]
- * **SENSIBLE ABOUT OUR SENSES**
[understanding about sensory triggers & how senses affect our behaviour]
- * **RELAXING OUR KIDS**
[building confidence & resilience through relaxation]
- * **BUILDING RESILIENCE, CONFIDENCE & SELF-ESTEEM**
[understanding emotional intelligence, motivation, empathy]

FLLT with Relax Kids

In a Relax Kids class we take children through seven steps to relaxation:

We start from a high energy state using games and dance, encouraging social interaction - through to stretching, to warm up and relax their muscles - helping them to feel quieter and still. We move them on through self-massage to remove any remaining tension and to increase a sense of self-care then onto slow, mindful breathing exercises. As we near the end of the session the children use positive affirmations to foster self-belief and build



relax Kids



The 6 weekly sessions include some focused time for parents to discuss & reflect as well as time to work on practical activities that are fun, varied & enjoyable with their children. A wide range of tips, techniques and strategies are provided for parents to try at home in partnership with their school.

Parents, Teachers and Pupils are required to complete an Emotional Literacy Checklist at the beginning and end of the programme to measure impact.