

In partnership with the Isle of Wight Council Adult & Community Learning



You are invited to join

## Relaxing Our Kids

A workshop for parents and schools including:

- ❖ Understanding a little about our brains – and regulating them!
- ❖ Considering the RK '7 steps' to relaxation model – taking children to calm through a range of activities from high energy to relaxation
- ❖ Trying these steps together with your children.
- ❖ Thinking of ways we can use these ideas and strategies at home.

*Thursday 4<sup>th</sup> June 3:00 – 5:00pm*



I am interested/not interested in joining the workshop:  
(Please delete as appropriate)

Name of Parent/carer: \_\_\_\_\_

Contact e mail and mobile phone: \_\_\_\_\_

Name of child: \_\_\_\_\_ Year Group: \_\_\_\_\_

*Please let school know of your interest by Friday 22<sup>nd</sup> May 2026*