



Information about Relax Kids Classes

Relax Kids activity classes are carefully structured using the unique and focused 7 step system which leads children confidently through natural energy levels, directing high energy to low energy.

The Howard After-School Club

Every Thursday from 3:30pm-4:30pm

Dates: Thursday 7th November 2019 - Thursday 12th December

£20 for the course

To reserve a space please contact the office- there are limited spaces which will be on a first come-first basis

Class Structure

Movement - incorporates dance and movement, encouraging development of core physical skills, improves coordination, boosts energy, circulation and a healthier immune system whilst helping release endorphins.

Games and Play - a range of energetic and fun games that ultimately relax. The drama-based thought provoking games encourage and promote social skills and awareness. They will help build children's confidence, concentration, focus, social interaction and communication skills.

Stretching and Balance - A set of yoga-inspired stretches are carefully demonstrated and used by the children to lengthen and stretch bodies and so improve postural awareness. These exercises help release physical tension, develop motor skills, body awareness, balance and flexibility.

Massage - Children are given the choice of taking part in self and/or peer massage. These calming exercises promote positive touch and encourage respect, communication and empathy amongst peers.

Breathing - a range of child friendly exercises encourage deep breathing. These exercises help calm the nervous system and children feel the immediate effects whilst being taught how to use these techniques effectively for themselves. Breathing exercises also improve concentration and focus.

Affirmations - incorporates a range of games and circle time activities that enable children to confidently use positive affirmations and self-praise. These enjoyable games and exercises help improve children's emotional health and literacy. They also encourage the release of endorphins as children think and speak positively about themselves and each other.

Relaxation - incorporates deep body relaxations, mindfulness exercises, guided imagery and visualisations. These exercises help release physical and mental tension, lower blood pressure, increase body awareness and give children de-stress and self-management tools. Done regularly, these exercises can help relieve fatigue and promote deeper sleep while improving child anxiety. Improved deep sleep and general relaxation will improve concentration, listening skills, and memory retention whilst expanding the child's imagination and creativity.

