

# SESSIONS TO SUPPORT CHILD MENTAL HEALTH



Relax Kids sessions give children tools to identify, acknowledge and express a range of emotions to help improve their wellbeing and mental health, increase self-confidence, self-esteem and develop emotional resilience.

## Sessions help children feel:

- calm and in control
- resilient & able to manage feelings
- positive about themselves & others



Lunchtimes:

**WEDNESDAY** 12.30 -1.00 Year 2

**THURSDAY** 12.15 -12.45 Year 1

12.45-1.15 Year 3 & 4

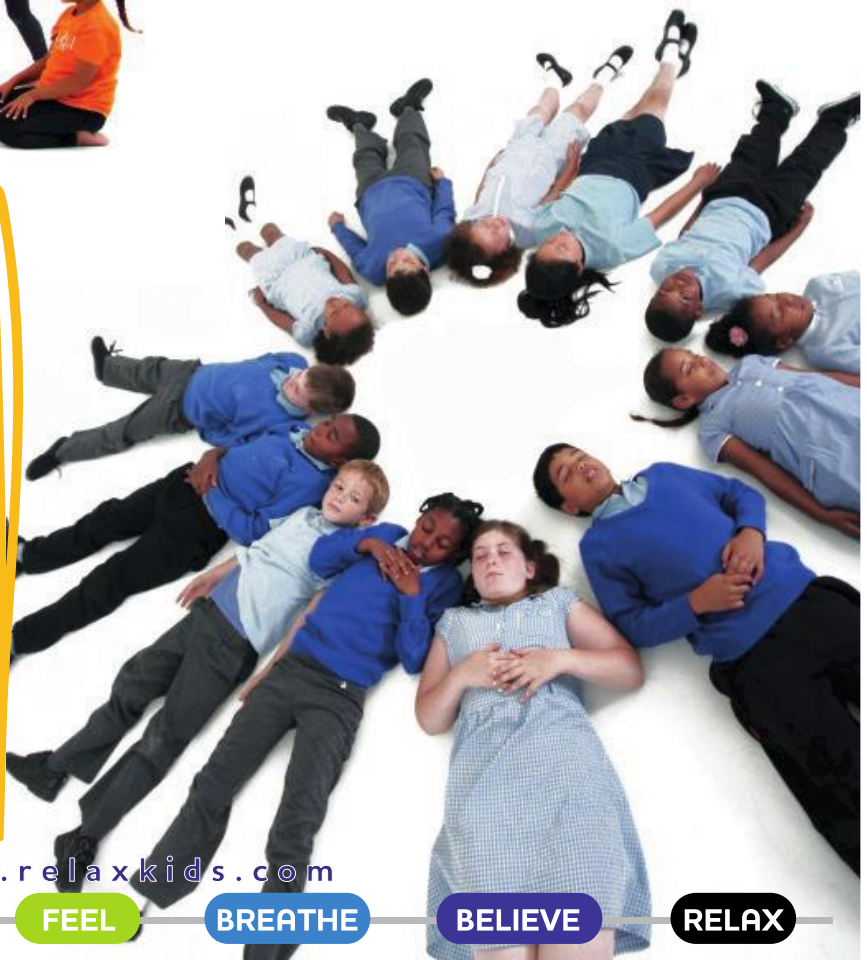
Cost £70 x10 classes [includes take-home resources]

Email Katy:

[relaxkidswithkaty@gmail.com](mailto:relaxkidswithkaty@gmail.com)

to book a place

(please specify which day/year group).



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

MOVE

PLAY

STRETCH

FEEL

BREATHE

BELIEVE

RELAX