

The cost of the training is £170 per candidate for this you will receive;

- 1 full days training with Marneta Viegas founder of Relax Kids
- 1 manual per participant (These include warm up and relaxation games, movement exercises, breathing techniques, peer massage, affirmations/positive self talk games as well as simple relaxation exercises, visualisations and lesson plans)
- 1 CD per member of staff - (Relaxed and Ready to Learn CD)
- Lunch

Please book early as there are limited places available.

To book you place please;

- Fill in the booking form enclosed in this leaflet
- If you do not have a booking form contact Jacqui at Full Circle/ NNIDAS
- We will need to take payment prior to the training by September 13th. If you are not able to attend the training we will not reimburse your payment after this date. (This is because Full Circle have bought in the training and we have a limited training budget)

Jacqui Moore (FC Coordinator)
fullcircle.coordinator@nnidas.org
01623 683250/54
30 St John St
Mansfield
Notts/ NG18 1QJ



* *relax Kids* *

★ **RELAX KIDS TRAINING PROGRAMME** ★
★ Relax Kids is dedicated to supporting children's health ★
★ and wellbeing through it's relaxation programme. Relax ★
★ Kids offers training to professionals working in school, ★
★ mental health and early years setting's. The programme is ★
★ supported through a vast range of resources including ★
★ CD's, Books & DVD'S. ★
★
★ Relax Kids as seen on BBC Dragon's Den ★
★
★ www.relaxkids.com ★
★



**Wednesday 13th October
9.30-3pm
St Johns St Centre
St Johns St
Mansfield
NG18 1QJ**



Book your place on this training now!



What is Relax Kids?

As featured on BBC's Dragons' Den, Relax Kids is a unique method of teaching children to relax using dance and movement, games, stretching and breathing exercises, peer massage, affirmations and visualisations. Children enter a magical world as they have fun relaxing their bodies and minds.

Mental and emotional health in children is now seen as a vital part of a child's education and well-being. Relax Kids classes have been created to help children build their self-esteem and confidence, develop concentration and creativity. Take this course and make a valuable contribution to the mental and emotional health of the next generation. Be Inspired to make a difference!

Between 2006-2010, numbers of children with mental health problems have doubled from 1-10 to 1-5 (British Medical Association 2006, Office of National Statistics 2004, The telegraph 2009, Times Online 2010)

Any of us who work with vulnerable children & young people will know that negative experiences within the family and local environment, not to mention media input can have a huge impact on children and lead to stress, low self esteem and confidence even where mental health issues are not identified.

Sessions teach relaxation techniques and tools to help them to cope with their stresses and anxieties whilst building their confidence and self esteem.

In a three year 'Relax Kids' pilot, Sylvestor School in Knowsley reduced their exclusions from 19-0

PHYSICAL OUTCOMES

*Relaxed Muscles

*Boosts Immune System

* Calmed Nerves

* General Wellbeing

EMOTIONAL & MENTAL HEALTH OUTCOMES

*Develop Feelings Vocabulary

*Improved Self Awareness

* Focuses Attention & Concentration

* Promotes Positive Thinking

* Promotes Working Cooperatively

* Memory Retention

*Reduces Stress & Attention

* Experience/Practice at being quiet

*Improved Self-regulation practicing relaxation techniques and using them to manage feelings

Underpinning the Every Child Matters Outcomes

Training Delivery : 1 Day 9.30—3pm (registration 9.15am)

- Understanding the benefits of relaxation
- 7 steps to teaching Relax Kids relaxation techniques
- Systems included movement exercises, relaxation games, stretches, massage, & breathing.
- Affirmations, positive self talk, & visualisations, including muscle relaxation and guided imagery.
- Practical ideas, exercises to bring relaxation to the session/classroom.
- How to use relax kids resources.
- Information about running relax kids parents introduction sessions.

FREE CAR PARKING AVAILABLE AT TRAINING VENUE

REFRESHMENTS & VEGETARIAN LUNCH