

# Aims & Benefits of Relax Kids

## To help children:

- Learn basic relaxation and stress-reducing techniques
- Use relaxation techniques every day
- Appreciate the benefits of relaxation
- Become aware of their feelings and emotions and learn techniques to manage these feelings
- Have fun while exercising and learning to relax
- Develop body and spatial awareness
- Develop emotional and physical fitness
- Develop concentration skills
- Improve general behaviour in children
- Promote positive self-image and self-esteem
- To improve school performance
- Self soothe and self regulate

