

# Benefits of Relax Kids

move

**MOVE** play stretch feel breathe believe relax

## Benefits of Movement and Warm Up:

*Improves circulation*

*Releases endorphins*

*Boosts energy*

*Develops flexibility, coordination, balance and strength*

play

move **PLAY** stretch feel breathe believe relax

## Benefits of Mindfulness Games:

*Encourages social interaction*

*Improves communication and cooperation*

*Develops confidence and self esteem*

*Develops language and social skills*

stretch

move play **STRETCH** feel breathe believe relax

## Benefits of Stretching:

*Improves circulation and boosts the immune system*

*Promotes balance and mental calm*

*Sharpens concentration*

*Decreases tension*

feel

move play stretch **FEEL** breathe believe relax

## Benefits of Peer Massage:

*Lowers stress levels and relieves tiredness*

*Helps relax muscles and calms the nerves*

*Promotes better social contact, respect and communication*

*Improves circulation and stimulates the lymphatic system*

breathe

move play stretch feel **BREATHE** believe relax

## Benefits of Breathing:

*Brings energy to the respiratory system*

*Calms the nerves*

*Develops concentration and clarity*

*Helps reduce anger, anxiety and stress*

believe

move play stretch feel breathe **BELIEVE** relax

## Benefits of Affirmations:

*Promotes positive thinking*

*Develops self confidence and self esteem*

*Boosts self esteem*

*Improves emotional resilience*

relax

move play stretch feel breathe believe **RELAX**

## Benefits of Visualisations:

*Improves concentration, listening skills and memory*

*Improves mental and emotional health*

*Promotes deeper sleep*

*Develops imagination and creativity*