

Dear Parent / Guardian

### **Wednesday After-School Club at Little Green – Relax Kids**

I wanted to let you know that the Relax Kids after school clubs on Wednesdays from 3.15-4.20pm will be continuing in January. Relax Kids' aims are to help children to recognise their emotions and learn techniques to cope with stress and anxiety. Classes promote self-confidence, resilience, happiness and positivity through a 7-step system that takes children from a high energetic state, down to a deeply relaxed one. The steps incorporate movement, stretching and breathing exercises, as well as simple peer-massage and self-esteem games and relaxation. The Relax Kids program is designed to help develop your child's concentration, creativity and confidence.

The classes will be taught by Charlotte Clark who is a qualified Relax Kids Coach. Classes will start Wednesday 8th January and run until Easter with the last class being 01/04/20. We will break for 2 weeks over half term on 12th and 19th February. The cost for next term will be £99. In order to secure your child's place, please email Charlotte on the address below, who will then provide you with payment details.

We are anticipating a high level of interest in the program, and places will be given on a first come, first served basis. Class numbers are kept low to ensure each child receives support and the space to express themselves. This class is inclusive to all abilities.

With kindest regards,



Charlotte Clark  
Relax Kids Coach

**Relax Kids with Charlotte**  
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