



Chill Skills Information Sheet

The Relax Kids Chill Skills programme has been specifically devised to help enhance learning potential, improve confidence and develop emotional literacy, equipping young people with the tools to manage their mood, emotion and behaviour in a positive way. Regular relaxation and self esteem sessions can also raise achievement and improve SATS and exam results.

Each session includes relaxation techniques, breathing exercises, peer massage, visualisation and discussions on topics related to developing a healthy lifestyle.

Each participant will also receive a journal and weekly handout, to help support their learning.

Chill Skill Programme outline

SESSION 1 – Positive Thinking Skills

SESSION 2 – Visualisation

SESSION 3 – Relax and De-Stress

SESSION 4 - How do you feel today? Moods & Anger Management

SESSION 5 - Healthy Living

SESSION 6 – Self Respect

SESSION 7 – What is Real Happiness?

SESSION 8 - Believe and Achieve (Self Belief - Self Empowerment)

Chill Skills is most suitable for pupils above the ages of 7 and are particularly useful for teens and pre teens.

This programme is supported by the Relax Kids Chill Skills range of CDs.

For more information and to book a Chill Skills Programme today contact:

“The children thoroughly enjoyed the sessions, many said they felt more relaxed afterwards. It gave them an opportunity to explore their feelings and express themselves as well as being good exercise”

S.Palmer P.S.H.E Coordinator

“The children really enjoy the Relax Kids sessions. It helps to improve their focus and self esteem in preparation for their SATS. Since we started using Relax Kids, three years ago, St Faith’s has risen from 17th to 11th place in the Wandsworth league table. “

S.Cook, Headteacher St Faith’s Primary

For more information

www.relaxkids.com

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