



Relax Kids

# MAY 2020



Mon

Tues

Wed

Thurs

Fri

Sat

Sun

04. I am super

05. I am strong

06. I am unique

07. I am kind

01. I am special

02. I am loved

03. I am friendly

11. I am joyful

12. I am happy

13. I am calm

14. I am incredible

08. I am bright

09. I am brilliant

10. I am amazing

18. I am fantastic

19. I am brave

20. I am magical

21. I am valuable

15. I am huggable

16. I am loving

17. I am caring

25. I am honest

26. I am generous

27. I am splendid

28. I am gifted

22. I am outstanding

23. I am courageous

24. I am talented

29. I am intelligent

30. I am magnificent

31. I am relaxed

www.relaxkids.com

Send your child to a Relax Kids class!

Help your child:  
Relax and be calm  
Feel confident  
Focus and concentrate  
Be imaginative  
Develop creativity  
Sleep better

**Find a class near you**

www.relaxkids.com/finder

A selection of calming audios, visualisation stories and affirmation tools for children of all ages.

www.relaxkids.com

Would you like to help children manage stress, anxiety and feel amazing?  
Teach Relax Kids: Mindfulness and Activity Classes  
For more information: training@relaxkids.com  
www.facebook.com/groups/RKtraining

**CalmaClass** The perfect classroom toolkit for those working in schools or an educational environment.

www.calmaClass.com

Relax Families Chat Room Join our Relax Families page!  
www.facebook.com/groups/RKfamilies

**ChargeUp!**

Training for those who want to make a difference to young people!

www.letsgetcharged.com

**Baby Mindful**

Teach mindfulness and relaxation classes to parents and babies.

www.babymindful.com