

Baby Mindful Relax Kids **JUNE 2020** ChargeUp!

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01. I am amazing	02. I am special	03. I am loved	04. I am fantastic	05. I am creative	06. I am fun	07. I am gentle
08. I am talented	09. I am beautiful	10. I am happy	11. I am calm	12. I am confident	13. I am joyful	14. I am unique
15. I am friendly	16. I am kind	17. I am strong	18. I am honest	19. I am courageous	20. I am brilliant	21. I am relaxed
22. I am magical	23. I am terrific	24. I am wonderful	25. I am thankful	26. I am fabulous	27. I am super	28. I am serene
29. I am incredible	30. I am caring					

[www.relaxkids.com](http://www.relaxkids.com)

Send your child to a Relax Kids class!

**Find a class near you**

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

[www.relaxkids.com/finder](http://www.relaxkids.com/finder)

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

[www.relaxkids.com](http://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](mailto:training@relaxkids.com)

[www.facebook.com/groups/RKtraining](https://www.facebook.com/groups/RKtraining)

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

[www.calmaClass.com](http://www.calmaClass.com)

**Relax Families Chat Room** Join our Relax Families page!

[www.facebook.com/groups/RKFamilies](https://www.facebook.com/groups/RKFamilies)

**ChargeUp!**

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

[www.letsgetcharged.com](http://www.letsgetcharged.com)

**Baby Mindful**

Teach mindfulness and relaxation classes to parents and babies.

[www.babymindful.com](http://www.babymindful.com)