

Baby Mindful

relax Kids

APRIL 2020

ChargeUp!

Mon

Tues

Wed

Thurs

Fri

Sat

Sun

01.

I am cheerful

02.

I am happy

03.

I am incredible

04.

I am outstanding

05.

I am amazing

06.

I am unique

07.

I am caring

08.

I am creative

09.

I am adventurous

10.

I am good

11.

I am gifted

12.

I am special

13.

I am fantastic

14.

I am calm

15.

I am great

16.

I am honest

17.

I am kind

18.

I am brilliant

19.

I am relaxed

20.

I am positive

21.

I am polite

22.

I am super

23.

I am cool

24.

I am extraordinary

25.

I am wonderful

26.

I am generous

27.

I am marvellous

28.

I am loved

29.

I am splendid

30.

I am valuable

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