



St Patrick's Primary School

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relax Kids

We are very fortunate to have the services of Pauls from Relax Kids in our school. At a time when it is very difficult for schools to access any additional support Active Kids have helped support all our children and help develop their resilience and confidence.

I know there is some confusion about what Relax Kids do and what they offer our pupils. Some parents believe that it is a form of PE or yoga or active play sessions. In reality it is much more than this. Many pupils have trouble managing difficult feelings and emotions, Active Kids works to support our children by building good emotional health and self-esteem. They introduce various exercises visualisations and routines that children can use to reduce their anxiety and worry.

Relax Kids philosophy is simple, "Learning about emotions and emotional skills is as important as learning core subjects as no matter what children do in life, their emotions will follow them." Having watched the sessions with the teachers we can see the valuable lessons and skills the children are learning from P1 to P7. All our children can and do benefit from these sessions.

Ultimately it is your decision if your child attends, it is not compulsory, but we would strongly encourage all children take part.



About Us

Our philosophy and approach to helping change lives and restore calm in chaotic times.

We believe every child and young person has the right to feel valued, appreciated and connected.