

Benefits of Relax Kids

<p>MOVE</p>	<p>MOVE play stretch feel breathe believe relax Benefits of Movement and Warm up: Improves circulation Releases endorphins Boosts energy Develops flexibility, coordination, balance and strength</p>
<p>PLAY</p>	<p>move PLAY stretch feel breathe believe relax Benefits of Mindfulness games: Encourages social interaction Improves communication, cooperation Develops confidence and self esteem Develops language and social skills</p>
<p>STRETCH</p>	<p>move play STRETCH feel breathe believe relax Benefits of Stretching: Improves circulation and boosts immune system Promotes balance and mental calm Sharpens concentration Decreases tension</p>
<p>FEEL</p>	<p>move play stretch FEEL breathe believe relax Benefits of Peer Massage: Lowers stress levels and relieves tiredness Helps relax muscles and calms the nerves Promotes better social contact, respect and communication improves circulation and stimulates lymphatic system</p>
<p>BREATHE</p>	<p>move play stretch feel BREATHE believe relax Benefits of Breathing: Brings energy to the respiratory system Calms the nerves Develops concentration and clarity Helps reduce anger, anxiety and stress</p>
<p>BELIEVE</p>	<p>move play stretch feel breathe BELIEVE relax Benefits of Affirmations: Promotes positive thinking Develops self confidence and self esteem Boosts self-esteem Improves emotional resilience</p>
<p>RELAX</p>	<p>move play stretch feel breathe believe RELAX Benefits of Visualisations: Improves concentration, listening skills and memory Improves mental and emotional health Promotes deeper sleep Develops imagination and creativity</p>