

# Benefits of Relax Kids

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| MOVE    | <p><b>MOVE</b> play stretch feel breathe believe relax</p> <p><b>Benefits of Movement and Warm up:</b></p> <ul style="list-style-type: none"> <li>Improves circulation</li> <li>Releases endorphins</li> <li>Boosts energy</li> <li>Develops flexibility, coordination, balance and strength</li> </ul>   |
| PLAY    | <p>move <b>PLAY</b> stretch feel breathe believe relax</p> <p><b>Benefits of Mindfulness games:</b></p> <ul style="list-style-type: none"> <li>Encourages social interaction</li> <li>Improves communication, cooperation</li> <li>Develops confidence and self esteem</li> <li>Develops language and social skills</li> </ul>  |
| STRETCH | <p>move play <b>STRETCH</b> feel breathe believe relax</p> <p><b>Benefits of Stretching:</b></p> <ul style="list-style-type: none"> <li>Improves circulation and boosts immune system</li> <li>Promotes balance and mental calm</li> <li>Sharpens concentration</li> <li>Decreases tension</li> </ul>   |
| FEEL    | <p>move play stretch <b>FEEL</b> breathe believe relax</p> <p><b>Benefits of Peer Massage:</b></p> <ul style="list-style-type: none"> <li>Lowers stress levels and relieves tiredness</li> <li>Helps relax muscles and calms the nerves</li> <li>Promotes better social contact, respect and communication</li> <li>improves circulation and stimulates lymphatic system</li> </ul> |
| BREATHE | <p>move play stretch feel <b>BREATHE</b> believe relax</p> <p><b>Benefits of Breathing:</b></p> <ul style="list-style-type: none"> <li>Brings energy to the respiratory system</li> <li>Calms the nerves</li> <li>Develops concentration and clarity</li> <li>Helps reduce anger, anxiety and stress</li> </ul>   |
| BELIEVE | <p>move play stretch feel breathe <b>BELIEVE</b> relax</p> <p><b>Benefits of Affirmations:</b></p> <ul style="list-style-type: none"> <li>Promotes positive thinking</li> <li>Develops self confidence and self esteem</li> <li>Boosts self-esteem</li> <li>Improves emotional resilience</li> </ul>  |
| RELAX   | <p>move play stretch feel breathe believe <b>RELAX</b></p> <p><b>Benefits of Visualisations:</b></p> <ul style="list-style-type: none"> <li>Improves concentration, listening skills and memory</li> <li>Improves mental and emotional health</li> <li>Promotes deeper sleep</li> <li>Develops imagination and creativity</li> </ul>  |