

★ ★ ★ **7 Steps of** ★ relax Kids  
★ ★ ★ **Relaxation** ★ ★ ★

**MOVE**

Warm up exercise for energy & fun

**PLAY**

Activity games for vitality, creativity & joy

**STRETCH**

Stretching for balance, inner strength & power

**FEEL**

Peer/Self massage for self awareness, empathy and respect

**BREATHE**

Breathing exercises for improved health, anxiety & inner calm

**BELIEVE**

Affirmations for self esteem, confidence & positivity

**RELAX**

Visualisations for deep relaxation, Imagination & peace