

## RE -EVENTBRITE on- line Relaxation session – FOR CHILDREN AT HOME

Following requests from schools to extend these sessions to children who are home schooling, we are trialling a session *specifically for children who are at home*. We would like to ask that you send this link out to children you could identify who would benefit from this session.

Please forward on to appropriate members of school staff the attached Eventbrite links below:

Relaxation session- **for children who are working from home** - TUESDAY 23<sup>rd</sup> FEBRUARY  
11.00 – 12.00 - <https://www.eventbrite.co.uk/e/138730746397>

As usual the following rules apply – if you could send to the parents

- Register for a session ticket before the date of the session.
- On the day, please join the meeting 5 minutes before it starts so that you can check out your connection.
- If you join late, join quietly and do not interrupt the conversation or the presentation. The facilitator will notice you have joined and welcome you at an appropriate point.
- Background noise and audio feedback can disrupt the meeting. **Please turn off your camera and mute your microphone** unless asked to speak. If you could remind your child that there will be other children joining the session, so therefore not to discuss personal information.

The session will last approx. 45 minutes and will include a PowerPoint, gentle muscle stretches and relaxation story.

Our aims are to make the children aware of the things that cause anxiety, how stress can affect the body and we will discuss coping strategies. We hope they will be able to take away relaxation tips to benefit them throughout their lives.