# Relaxation – Ready to Learn

**For what age?**
5-12 year olds and older children individually

**At what level?**
Relaxation techniques can be used to benefit all children with either the whole class, small groups, individual children or can be recommended for use at home with parents or carers. A great practical course for SENCO’s, Class Teachers, Teaching Assistants, Learning Mentors, Parent Support Advisors, Family Support Workers and anyone interested in the wellbeing of all children.

**How do we know it works?**
For some children who have difficulties with anxiety, anger, concentration and self-esteem, relaxation helps them enormously. Various research has been carried out on different aspects of relaxation: See [www.massageinschoolsassociation.org.uk](http://www.massageinschoolsassociation.org.uk) for the effects of massage, [www.relaxkids.com](http://www.relaxkids.com) for a case study from Sylvester Primary School, Liverpool and various contributors to "Meditation in Schools" - Calmer Classrooms Eds. Erricker & Erricker, 2005. All of these studies come to a universal conclusion that relaxation skills combine to produce benefits for children. Staff have spoken locally about additional benefits for teachers using these techniques, contributing to their own wellbeing.

**What is Relaxation – Ready to Learn**
This is an introduction to exercises and materials to use with children, based on the Relax Kids Method [www.relaxkids.com](http://www.relaxkids.com). Materials are also used from other sources and the session is practical in nature, with participants using the suggested techniques.

**How does it help children?**
- Reduces anxiety levels
- Improves concentration
- Boosts self-esteem
- Helps children to regulate their emotions
- Increases their body awareness
- Promotes fun and laughter
- It also helps the adults to feel calm and relaxed

**How can I access this training?**
To access centralised training for this course, including at the TaMHS Conference if appropriate, please visit: [www.northamptonshire.gov.uk/TaMHS](http://www.northamptonshire.gov.uk/TaMHS)

Training at your school, or within clusters, for your staff can be commissioned from the Educational Psychology Service by contacting the TaMHS Administrator: [tamhs@childrenfirstnorthamptonshire.co.uk](mailto:tamhs@childrenfirstnorthamptonshire.co.uk) or by speaking to your Link Educational Psychologist.