



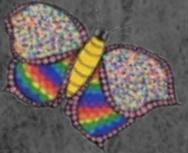
123



BACK TO

COOL

with



relax Kids



ABC



A Monster Handbook  
 Worry Dolls  
 Mirror Exercise  
 School Cone Activity  
 Confidence Boosters  
 Lunchbox notes  
 Affirmation cards

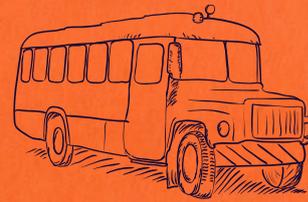
# Back to

# School

With Ease

## MORNING

This is often one of the most stressful times in the day.

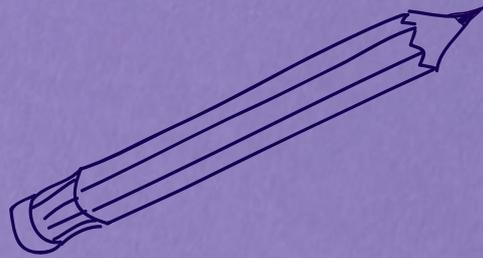


Introducing just 2 mins relaxation, it will help set your child on the right track, for a relaxed and positive day.

- Waking - Can they lie very still and think about all the wonderful things they want to do that day?
- Morning Relax - You might like to combine a short cuddle and relaxation session.
- Stretch - Stretching up and back will help clear away any cobwebs from their sleep and give them an energy boost
- Shower Power - As children take a shower, ask them to imagine the water is washing away all their stress and anxiety.
- Breathe - Take in a deep breath into the tummy and breathe out slowly. This is a simple exercise and can be done on the way to school, in the car or walking.
- Mindful walking - If you walk to school, try some mindful walking. Ask your child to notice everything as they walk. Notice the sights and sounds.

# AFTER SCHOOL

- Stretch - Bending forward (sitting on the floor or standing) helps aid relaxation. Try this for a few moments.
- Chat - Ask children how their day went. Talk about their stresses and worries. They could put their worries in a worry box or write or draw to get their anxiety out.
- Time Out - Take some Time Out - not as a punishment but to take a brain break after school. Let them relax on the sofa and listen to some music or enjoy a shoulder or hand rub.
- Bedtime  
Finish the day with a nice relaxation session to ensure your child sleeps well. Try reading a visualisation, meditation or relaxation exercise. Let your child get into a comfortable position as they sink into the bed and relax for a blissful nights sleep.



## CONFIDENCE CALENDAR!



Don't forget to download your FREE affirmation calendar  
[www.relaxkids.com/calendar](http://www.relaxkids.com/calendar)

“Rachel seems to have a better understanding of how she can help herself to relax by using her breathing to calm herself when in a stressful situation, this also helps her concentration and listening ability.” – Mum



# Magic Mirror Exercise

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Here is a great exercise to try before school starts.

Close your eyes and imagine you are looking into a mirror. Imagine in the mirror is an even better you. See yourself happy and smiling. See yourself full of happiness and looking amazing. See yourself working hard at school and making great friend. In your mind, take a step towards the mirror and now imagine that you are the wonderful person in the mirror. Feel yourself tingle inside as you realise how amazing you are. Now squeeze your thumb and first finger together as you think about how amazing you feel. When you are ready step back again and open your eyes. Whenever you are feeling down and worried about school and need to remind yourself how special you are, you just have to squeeze your thumb and first finger together. It will help you get back in touch with all those amazing feelings again.

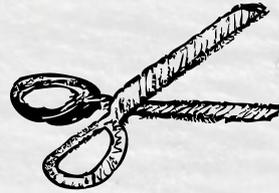




# BACK TO SCHOOL TREAT

In Germany they have a wonderful tradition for the first day of school. Parents make a 'Schultüte' or School Cone. They put sweets and small gifts and stationary items that children will need at school. Making a Schultüte is simple to do and makes the first day of school fun and exciting rather than full of fear and dread. If you would like to make a simple Schultüte or sugar bag, here is how to do it. You will need:

- Scissors
- A stapler
- Tissue paper
- Ribbon
- Sticky tape / glue



1. Cut a sheet of coloured card into a quarter of a circle.
2. Glue one of the straight edges to make a cone.
3. Decorate the cone
4. Take the tissue paper and put it around the top of the Schultüte. Use a stapler to attach the tissue paper to the cone.
5. Fill the Schultüte with presents, sweets and useful stationary! You might like to fill it with positive affirmation cards.
6. Tie the top of the tissue paper with ribbon to close the Schultüte.



# Worry Dolls



Is your child anxious about going back to school? How about making some worry dolls!

Children in Guatemala talk to their dolls. They tell the dolls their worries and then put them under the pillow. When they wake up, the dolls have disappeared and taken away their problems and worries away.

## Make your own Worry Doll

- 1 Find an old fashioned wooden clothes peg or a lolly stick. You could even use a small garden stick.
- 2 Draw a face on one side.
- 3 Place a small stick across the clothes peg and glue it on to make the doll's arms.
- 4 Wrap some wool or embroidery cotton around the dolls arms, doing one and then the other.



# 10 Confidence Boosters

**1. Stand Tall** – As you walk to school, remember to stand tall and take in a deep breath. Imagine you are breathing in confidence!

**2. Smile** – Don't forget to smile on your first day back. Try and look for little things to smile about, smile at strangers. Smiling makes you feel better

**3. Compliments** – Every time someone pays you a compliment, accept it graciously and really own that compliment rather than disregard or laugh it off.

**4. Diary** – Keep a diary and try to note down all your successes. Celebrate and reward your successes!

**5. Friends** - Surround yourself with friends that make you feel good about yourself.

**6. Mirror** – Look into a mirror and say 'I love you' Remind yourself of what makes you special. This is a hard one to start with, but will get easier with time.

**7. Achievements** – Make a book of your achievements, talents and qualities. List all your successes and things that you are proud of. List all the things that makes you the special person that you are and include all the things that you have done to others and how you have made others happy. You might like to put them in a book and refer to it when you are feeling low.

**8. Talk** – As much as possible talk to yourself in a kind and positive way. If you notice you talk to yourself in a negative way with put downs, try to stop and change it immediately.

**9. Affirmations** – Each day, repeat one positive statement or affirmation. You might say 'I am positive and everything that happens is good' or 'I am special and I make a difference' You might even like to theme your day as a positive, happy, confident, joyful or special day and do things that make you feel that way.

**10. Visualise** – Close your eyes and imagine you are standing in front of a mirror. See yourself standing tall, smiling and looking great. Notice how you feel. Let the positive and confident feelings wash all over you.



**Choose a positive word  
each day**



[www.relaxkids.com/cards](http://www.relaxkids.com/cards)

# Healthy lunchbox ideas

♥  
Don't forget to fill your lunch box with lots of yummy healthy nibbles.

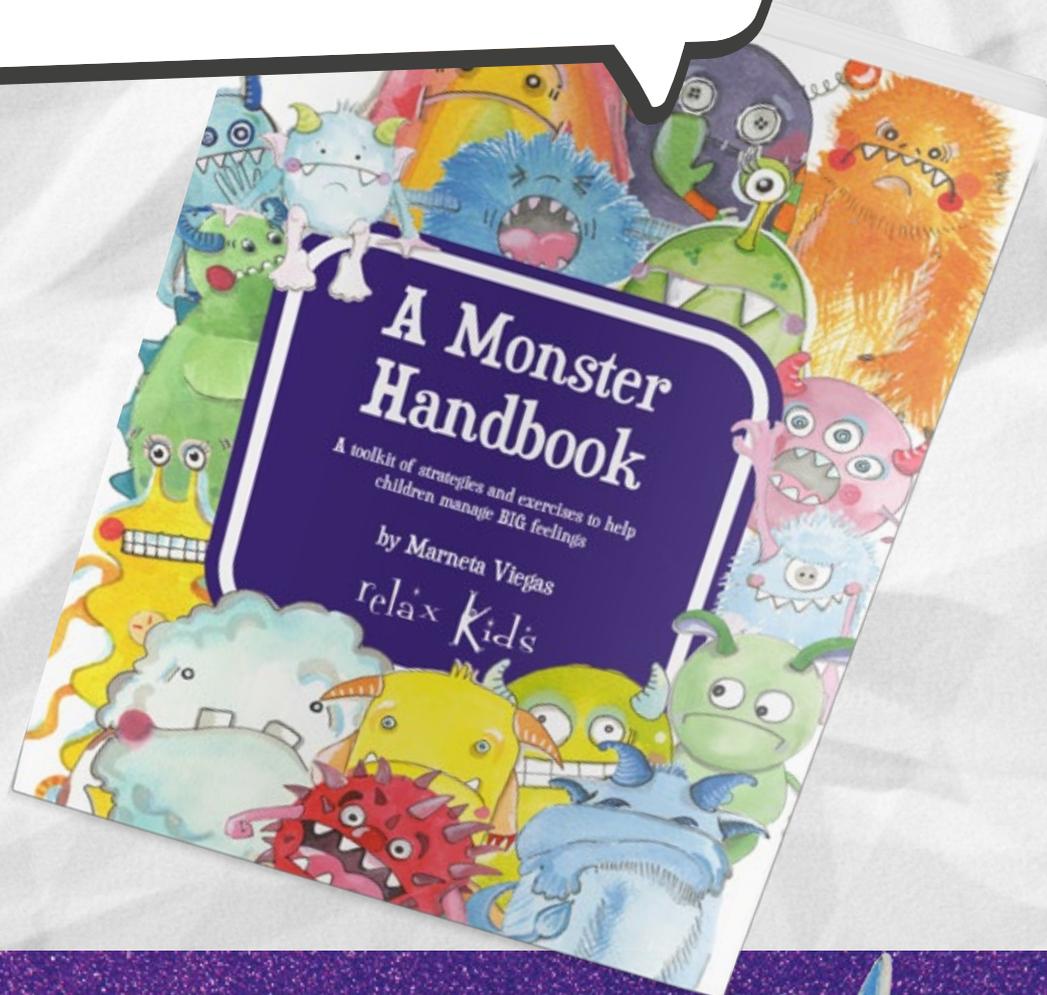
- ☆ Cut vegetable crudités and dips
- ☆ Hummous
- ☆ Fruit kebabs
- ☆ Sultanas
- ☆ Fruit in yoghurt
- ☆ Let children make up their own sandwiches
- ☆ Make wraps into pinwheels
- ☆ Cheese cubes and crackers
- ☆ Cucumber sushi
- ☆ Rice cakes with marmite or peanut butter (if it is allowed at school)
- ☆ Falafels
- ☆ Savory muffins
- ☆ Home made granola yoghurt topped with muesli
- ☆ Dried mango and pineapple



**WANT A MONSTER HANDBOOK?**

Buy your copy online today

[www.relaxkids.com](http://www.relaxkids.com)



## CHECK OUT OUR LATEST BOOK - **A MONSTER HANDBOOK!**

An interactive, part work book part activity toolkit that helps children tame and train their monster emotions. The Monster Handbook is written in a scrap book style and is bursting with positive exercises and activities to help children understand and work with their emotions. Each chapter covers a different monster feeling such as sadness, anger, anxiety and worry. The book is written in child language and so would be easily accessible to young families. The book is designed to be an ongoing toolkit to help children feel more in control of their emotions and feelings. It can also be used in the classroom and by therapists. This is a soft back book.



# MIGHTY MONSTER ADVENTURES

COME ALONG AND MEET  
NEW FRIENDS AS YOU  
DISCOVER THESE EXCITING  
NEW PLACES.



FIND A MIGHTY MONSTER ADVENTURE CLASS NEAR YOU!

[www.relaxkids.com/class-finder](http://www.relaxkids.com/class-finder)



## Monday



★ Shine bright like a star.

You are brilliant just as you are.

Just have to do your best today. 

Love

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## Tuesday



Be brave like a lion.

★ Try out new things this week.

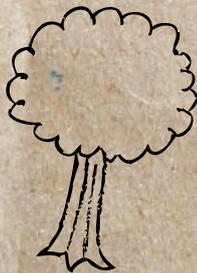
Make new friends.  

Have lots of fun today.

Love

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## Wednesday



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Be strong like a tree. 

Remember how amazing you are.

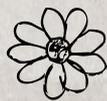
Remember to smile.

Enjoy your lunch 

Love



## Thursday



Be confident like a cat.

Stand tall and be brave.

Be the best you can be.

Have a lovely afternoon.

Love

relax Kids



## Friday



Be proud like a peacock.

Be amazing.

Think about all the great things you have done this week.

You are amazing. 

Love

relax Kids





**TODAY WILL  
BE A GREAT  
DAY**



relax Kids



**I will  
make new  
friends  
today**



relax Kids



**I WILL  
LEARN  
new  
THINGS**

relax Kids



**I WILL  
LISTEN WITH  
ATTENTION  
TODAY**



relax Kids



**I will  
work  
hard  
today**

relax Kids

ABC



**I AM  
SMART  
AND  
CLEVER**



relax Kids

**I ALWAYS  
DO ★  
MY BEST**



relax Kids



**I am  
proud of  
who I am**



relax Kids



**I AM FULL OF  
BRILLIANT  
IDEAS**



relax Kids



**I am kind  
and  
helpful**



relax Kids



**I HAVE  
SOMETHING  
POSITIVE TO  
ADD TO THE  
CLASSROOM**



relax Kids



**I AM ALWAYS  
EXCITED TO  
LEARN**



relax Kids

**I can  
★ do ★  
this!**



$E=MC^2$

relax Kids



**TODAY  
WILL BE  
THE BEST  
DAY**



relax Kids



**I ALWAYS  
REMEMBER  
THAT I AM  
UNIQUE AND  
SPECIAL**



relax Kids



**I am a  
great class  
mate**



relax Kids