



Pupil Conferencing—Relax Kids

Did you enjoy the work carried out with Sarah during the Relax Kids workshops?

What did you learn?

Did you find it helpful? Why? How?

Yes—all children said this together.

- the breathing in your lungs
- The breathing ball
- Meerkat brain, how to calm down
- Breathing with fingers
- Elephant brain your memory

Sam—I have used the breathing

Libby—I use the breathing ball at home

Joshua—breathing on fingers

Callum—I have used telling my meerkat brain to calm down.

Tyler—Breathing ball

The children said they would like to continue with it in class, working on:

- Lots of different types of breathing exercises.
- Do more massage
- Would like Sarah to come back.

Sarah from Relax Kids came into Butterfly class to carry out a four week programme to support the children in their emotional wellbeing. The sessions focused on strategies that would support children when they were feeling anxious, nervous or lacking in confidence. Different breathing techniques, massage and physical activities/ games were shared with the children.