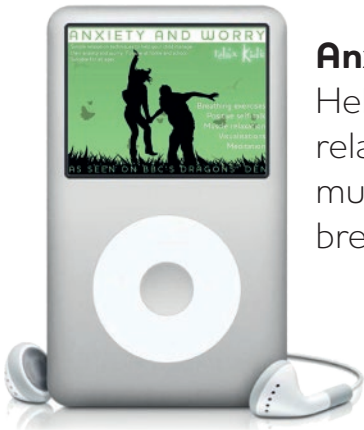


Audios and downloads to help children manage their feelings in difficult times



Family Pack

This pack contains a range of activities, cards and exercises to help families come together, feel calm, safe and reassured as they manage changes and navigate these uncertain times.



Anxiety MP3

Helping children and young people to feel safe and calm using a variety of relaxation and simple anxiety management techniques such as progressive muscle relaxation, visual imagery, mindfulness, positive affirmations and breathing techniques.



Quiet spaces MP3

Deep body relaxations to help children while introducing them to simple stress-management and mindfulness techniques. These proven techniques encourage mental and emotional health and provide tools for children who suffer from sleeping problems, anxiety and stress.

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