

St Peters GAA Club Warrenpoint, Down

Relax Kids Programme outline:

Relax Kids is a 6 week programme aimed at young children (6-8 years old) which offers a unique system of children's relaxation and mindfulness that will help children decrease stress and anxiety, increase attention span and improve concentration. St Peters GAA club introduced this programme as part of their GAA Healthy Club project and eighteen girls and boys age 6 to 8 years had great fun participating in it. On completion the children were presented with certificates, in recognition of successfully completing the six week Wizards Adventures which helps to build children's inner confidence to be the best they can be.

The children were invited to come on a *wand-er ful* magical adventure each week. They learned how to use positive thoughts to help themselves feel good, help others and reach their full potential. They enjoyed games, movement, storytelling, breathing exercises, peer massage, affirmations and relaxations. Relax kids' classes' have been shown to help with focus, concentration, creativity, listening skills, self-esteem and sleep. Eilish Burns, Relax kids coach facilitated the programme supported by Katrina Kernan, Health and Wellbeing Officer, Mary Walsh and Linda O Hare, members of St Peter's GAA Healthy Club project group. This project was also supported by the CLEAR program.

The kids and their parents found the programme a fantastic initiative within the club and were extremely impressed with the positive impact it had on their kids. One mother said the difference in sleeping patterns and especially the pre-bedtime routine was unbelievable, "My wee man slept like a log". It was clear from the offset that the young participants were fully engaged in the programme and with full attendance nearly every week and a waiting list to attend the programme the benefits were evident.

