

creating calm confident kids

Quick Stats

- Relax Kids is the **UK's leading expert** on children's relaxation
- Relax Kids is **award-winning!** Relax Kids was used as part of an NHS programme which went on to win the **Nursing Standards Award for the Mental Health Category.**
- 1 in 10 children in the UK suffer from **mental health issues** (Office of National Statistics)



- Relax Kids has helped **reduce school exclusions** from 19 to 0 in a three-year pilot study
- Relax Kids is used in over **500,000** homes and schools in the UK and in over **35 countries** around the world
- Relax Kids has helped schools **reduce exclusions, improve behavior,** and raise levels of **emotional literacy.**
- Relax Kids has helped schools **reduce disruptive behaviour** by as much as **20%** (Relax Kids Pilot)
- Relax Kids has helped schools **reduce aggressive or violent incidents** by as much as **75%** (Relax Kids Pilot)
- Relax Kids in Schools has been **endorsed by Ofsted** inspectors.
- Relax Kids has been **endorsed by education psychologists,** Ofsted inspectors, education consultants, learning mentors, SENCOs, teachers and nursery managers.
- There are now trained Relax Kids coaches in over **30 different countries** around the world.
- Over **800** people have taken the Relax Kids training so far.
- **99%** of people to take the Relax Kids training would **recommend it to a friend!**
- Relax Kids products have been used to **help children with disabilities,** including autistic spectrum disorder.
- Relax Kids products have been used to help children **improve behavioural problems.**

relax Kids

www.relaxkids.com

MOVE

PLAY

STRETCH

FEEL

BREATHE

BELIEVE

RELAX