



The

relax Kids

**BIG**

**WELLBEING**

Pack

**Celebrating 21 years of Supporting Children's  
Mental and Emotional Wellbeing**





# MESSAGE FROM MARNETA VIEGAS

## - RELAX KIDS FOUNDER AND CEO



Years and years ago, we sat, as families and communities around the blazing orange camp fire each night telling stories, jokes, sharing ideas and going over each day. We felt connected.

But our modern day campfire has turned into a blue light. Each night we sit around our digital camp fires (some separate, some together) and watch stories and laugh and are entertained, but despite connection to the worldwide we just don't have that feeling of deep connection. Added to this disconnect, we know, the blue light at night can have a damaging affect on our sleep and health, so exacerbating the problem.

And now, we all feel rather zoomed and videoed out. There are 3 things we can do to help get ourselves and our families back to feeling calm and connected again.

## Nature, Nurture and Nourishment.



 Nature helps us feel more connected because we are nature. Walking, scavenger hunts, appreciating being in nature, breathing in fresh air, blowing on dandelions, getting exercise outside, sun rays and looking at greens and blues is all so so good for your child's brain. This doesn't have to be big expensive days out - just a little more time in garden, your local park or town walks appreciating the nature peeking through pavements. Spend as much time outside with shoes off and feel the grass or earth between your toes.

 The next way to feel connected is Nurture - giving your child attention, affection and lots of affirmation can literally help grow their brain and help empower them, build resilience. In our Relax Kids classes, we do lots of this to help children feel calm confident and creative.

And finally

 Nourishment - nourishment through not just good food, but good thoughts, words and deeds as well as plenty of rest and relaxation. The rules for living a happy, connected life really are so simple.

So, let's help support our next generation with more nature, nurture and nourishment to build their physical and mental and emotional immunity.

Relax Kids is 21 years this year and we are continuing with our mission to help children feel more positive, resilient and believe in themselves.

I'm very excited to announce our beautiful new website, we have a new range of books and audios coming, our children's classes and Relax Kids, ChargeUp and Baby Mindful trainings have never been more popular. It really feels like a new beginning for Relax kids and I hope we can continue to support you and your family.



Our coaches have continued to do incredible work supporting children. Many have never been busier and the feedback from children and parents is heart-warming - We will continue to do what we can to support you and your families mental and emotional health.

We have created a beautiful new bumper giveaway to help support your family's emotional wellbeing. It is a wonderful pack filled with lots of tools and exercises. I know you will just love it.



Mameta



*P.S. Talking of nature, here are some lovely exercises you can do with the children in nature*



### **Wind bathing**

Wind bathing helps restore balance and harmony to your system.

Stand outside on a windy day and feel the wind touching your skin and hair. Turn around and let the wind touch your whole body.

### **Sun massage**

Stand in the sunshine. Focus on your skin and notice how the warm sun feels on your face and body. Turn around slowly allowing the sun to massage your skin.

### **Colour Bath**

Choose a colour in nature - blue or green. Stand still and focus on that colour. Notice how it makes you feel. Breathe in and out slowly and feel as if you are relaxing in a lovely colour bath.

### **Cloud Watching**

Look up at the clouds and watch them move. Notice the shapes and how they change. What shapes are they?

### **Nature Sensing**

As you stand in the garden or park, notice 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell and notice how you feel inside.

### **Fractal tracing**

Look at a tree in the distance and relax your eyes and with soft eyes follow the shape of the tree.

What other exercises and games can you play in nature?

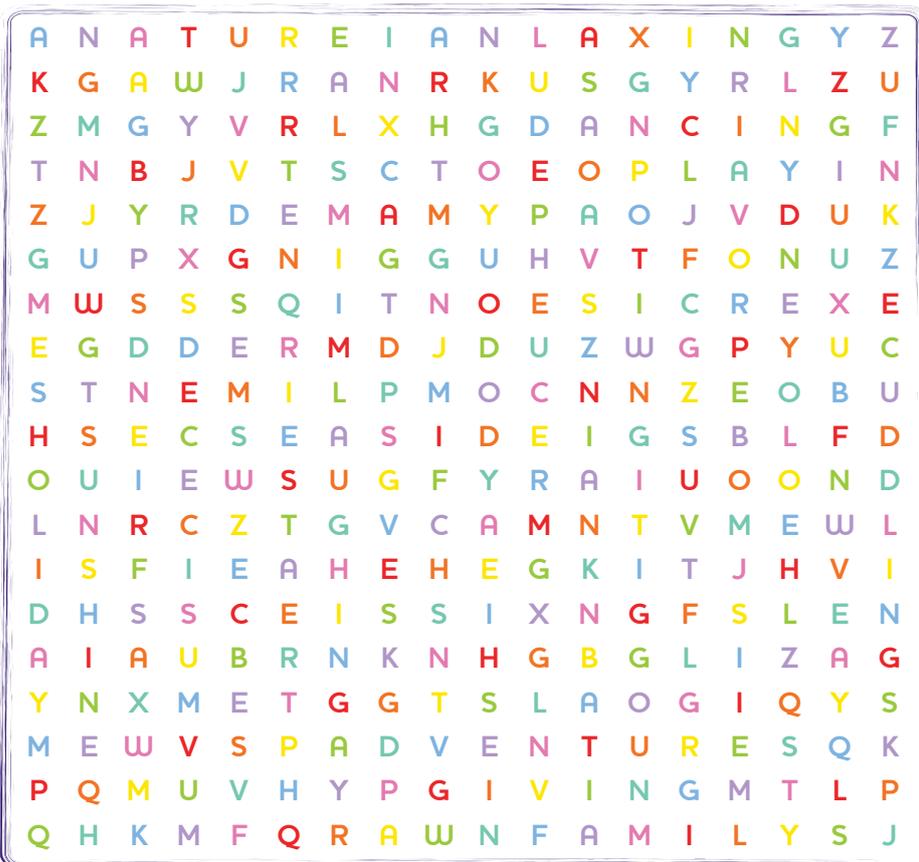


# Emotional Emergency Kit

Here are a kit of tools you can use with your child or pupils when they feel overwhelmed by big emotions.

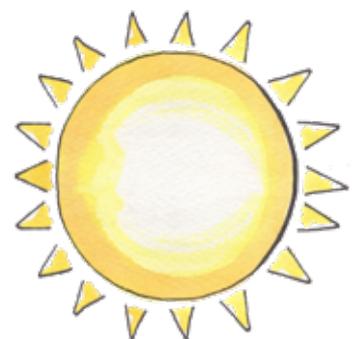
 <p><b>+ Sadness</b> Emergency tool kit</p> <ol style="list-style-type: none"><li>1. Give yourself a hug</li><li>2. Sing or hum a happy tune</li><li>3. Stand up tall and roll your shoulders back and hold for five counts</li><li>4. Pull funny faces</li><li>5. Think about things that make you happy</li></ol>	 <p><b>Monster</b> Emergency tool kit</p>
 <p><b>+ Fear</b> Emergency tool kit</p> <ol style="list-style-type: none"><li>1. Say to yourself: I am brave. I am brave</li><li>2. Stand in a power pose with your hands on your hips and legs apart</li><li>3. Take 5 deep breaths</li><li>4. Squeeze your body as tight as you can and relax</li><li>5. Count from 10 to 1 as slowly as you can</li></ol>	 <p><b>+ Anxiety</b> Emergency tool kit</p> <ol style="list-style-type: none"><li>1. Blow your worries into a balloon and let them float</li><li>2. Imagine your worries are very small, make them shrink</li><li>3. Imagine you are floating on a cloud and drifting away</li><li>4. Talk to someone about your worries</li><li>5. Breathe in and let your shoulders relax</li></ol> <p>Anxiety Monster emergency tool kit</p>
 <p><b>relax Kids</b></p>	 <p><b>+ Anger</b> Emergency tool kit</p> <ol style="list-style-type: none"><li>1. Squeeze your whole body as tight as you can and let it go</li><li>2. Scribble your anger</li><li>3. Run on the spot as fast as you can</li><li>4. Go outside and blow your anger out</li><li>5. Get your monster to say I am OK I am OK over and over again.</li></ol> <p>Anger Monster emergency tool kit</p>

“15 years ago my daughter was bought a CD. Not only did that one CD grow to be a whole collection on her bookcase but they became our ‘go to’ presents for all her friends. I like to think that most of her classmates drifted off to the familiar sounds of “close your eyes and be very still...”. They became part of our everyday lives and saw us through sleepless nights, anxieties about school, ill health and even on long journeys. I knew RK was special way back then and now as a Relax Kids coach, I have taught RK to hundreds of children in primary schools around me...here’s to the next generation of Relax Kids” - Kirsten



## Wellbeing Wordsearch

What are the first 3 words you can see? Do they make you feel happy?





## Helping children manage anger and emotional regulation

### Stop and Breathe

Stop for a few moments and let your mind become still. Take in a deep breath and breathe in a feeling of peace. As you breathe out, breathe out peace into the room. Close your eyes and give yourself a 30 second face massage.

### Being aware

Close their eyes and pay attention to their breathing. Ask them to be aware of their bodies and sensations of feeling warm and cool, tense or relaxed. Ask them to listen to the sounds in the room and just be aware of them without judging or commenting inside. Allow them to listen to the sounds outside the room. Ask them to be aware of everyone else in the room.





“This evening, my daughter and I were heading into a downwards spiral of shouting at each other, starting by me asking her to finish her homework. I realised how we were both becoming totally irrational and how I’d read on here somewhere that during children’s most frustrating times and when they are behaving at their worst is when they most need our love and understanding. After taking stock and a minute of time out to calm down and stop behaving so badly myself, I went to find our Relax Kids Anger Management CD and suggested when she felt ready we could listen to it together. She immediately ran over to me and we cuddled. That’s all it took for us to stop and realise we were both frustrated and just needed to stop have a cuddle and remind each other that despite feeling cross we still loved each other. Simple” - Parent

# Affirmation tear off

relax Kids

please take one

i am amazing



today is the best day of my life



i am a winner



i can do anything



miracles happen all the time



i am awesome



i have many gifts and talents



i am worthy



everything i do is successful



i am calm and relaxed



i believe in myself



# Pants of Peace

- Marneta Viegas

Close your eyes and become as still as possible. Become aware of your breathing. Feel the softness of your breath going in and coming out again. Spend a few moments watching your breathing.

Breathe in, breathe out. Breathe in, breathe out.

Imagine you are standing in front of your wardrobe. You see your Pants of Peace. How do they feel in your hands? Are they soft like clouds and cotton wool? Are they as light as feathers?

How do you feel when you hold your Pants of Peace? Put your Pants of Peace on and notice how you feel all through your body. Do you feel still and calm? Do you feel peaceful and quiet wearing your Pants of Peace?

What do you feel like doing now you are wearing your Pants of Peace? Can you think of some times where you may need to put on your Pants of Peace? How does peace feel inside your body?

What does peace mean to you?

Take a deep breath in and breathe out slowly.

Breathe in, breathe out. Breathe in, breathe out.

Breathe in and say, "I am peaceful." Breathe out and say, "I am peaceful."

And now, when you are ready, move your fingers and toes, have a stretch and open your eyes.

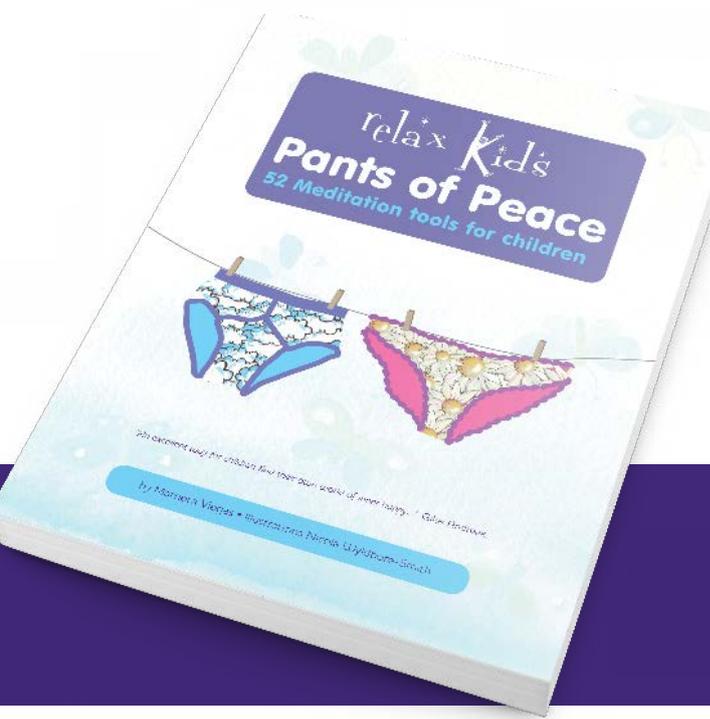
**I AM PEACEFUL. I AM PEACEFUL.**



“Relax Kids has enabled the children to develop their positive thinking and given them the tools to manage their feelings and behaviour.

The children have developed their life skills in a fun way and the positive contribution it has made to their overall emotional intelligence and wellbeing is evident.”

- Principal, Omagh County PS



# Wellbeing Scale

**How to use:** Close your eyes and notice how you feel. Look at the Wellbeing Scale and note where you are on it. Check again after doing a relaxation exercise.





## Helping children manage stress and sleep better

### Mind the Gap

Take in a breath and breathe out. Breathe in and out slowly and ask observe the gap in between breaths. Notice the gap in between the out breath and the in breath and the in breath and the out breath. Feel how this calms down the mind.

### Traffic Control

Our minds are like like traffic - constantly moving and flowing. Thoughts are like cars driving through our mind all day. Stay still and imagine the traffic light turns to RED. Stop and be as still as you can and notice your thoughts slowing down and coming to a gentle stop. Notice how this makes you feel. While you are studying or doing your homework, try to stop every hour just for a few moments.

### Wave Breaths

Lie down on your back, put your hand on your tummy and imagine you are breathing in and out like the waves. Take in a deep soft breath, and breathe out softly. Keep breathing in and out rhythmically like the tide... coming in and going out...coming in and going out. Feel yourself becoming more and more relaxed.

### Grounding

Kick off your shoes and socks and walk on the grass outside. Feel worries and anxieties going into the ground. As you build up a practise of this, you will notice how you can be re-freshed and rejuvenated in just a short time.

# The Wishing Star

- Marneta Viegas

Close your eyes, be very still and imagine you are lying down on the grass at night. The grass is soft and warm and you can smell the fresh smell of earth. If you lie there very still, you can hear the blades of grass rustling slightly. It is a warm summer night and the sky is completely black. As you lie there, you can see shimmering sparks in the sky. These stars make interesting patterns in the velvet black sky. Spend some time looking at the glittering patterns. There is one star that catches your eye. It is the biggest star and it shines like a sparkling diamond. As you look at it, you can see all the colours of the rainbow in the star.

This is the most beautiful star you have ever seen - it is gleaming in the dark sky. The star appears to get brighter and brighter. This is a Wishing Star. You can wish for anything you like. Spend a few moments thinking about what you would like to wish for and, when you are ready, whisper a secret wish to the star. It is as if the star has heard your wish and is smiling. You feel happy and content that the Wishing Star has heard your secret wish, and you hope that one day your wish will be fulfilled. Be very quiet - try not to move a muscle - and think about how you would feel inside if your wish were granted. Stay there for as long as you would like.

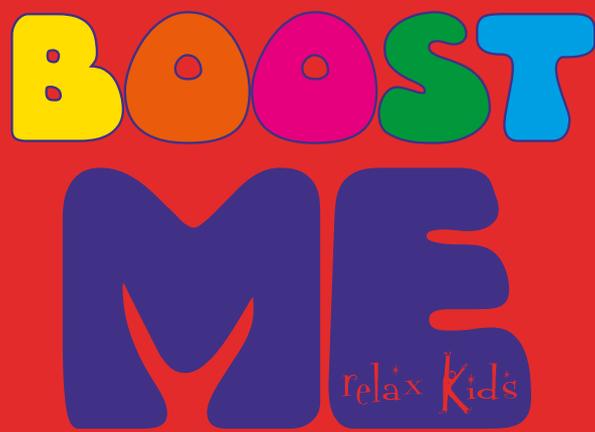
And now, when you are ready, wiggle your fingers and toes, have a big stretch and open your eyes.

**ALL MY WISHES COME TRUE,  
ALL MY WISHES COME TRUE.**





“My 8 year old daughter started listening to Relax Kids when she was approx 3 has been going through a patch of bad dreams/scary thoughts and has been insisting we put the Relax Kids back on each night because it helps so much. I’ve been staying in with her to help her get to sleep and I must say I don’t think I have ever listened to the CDs so much myself before! So a huge thank you..... they truly are such beautiful meditations” - *Fiona*



## Helping children feel confident and resilient

### My 5 Achievements

This exercise is great for helping children develop their self-esteem as they start to acknowledge even the small things that they have achieved.

At the end of each day before bed, ask your children to write a list of 5 great things they did that day. They might like to put these in a book or keep them on the same piece of paper. These can be simple things from listening at school, eating everything on their plate, smiling at someone or being a good friend.

### Shower of Appreciation

where each person takes it in turns to sit in the middle and everyone tells them why they are special. You can imagine the words are like droplets of light cascading all over you.

### Happiness Switch

Close your eyes and remember a time you felt really happy. It might be when you were playing with friends, laughing or doing something that really made you proud of yourself. Take your mind back to that place and try and imagine you are back there and see what you saw and hear what you heard and remember how great you felt.

As you think about the memory, try and make the colours in the memory brighter and make the sounds louder. Now, squeeze thumb and first finger together on your right hand as you think about your happy memory.

Next time you are feeling lonely or sad, just squeeze your thumb and first finger and remember your happy memory. This is your happy switch and you can use it whenever you need to relax or feel better.

# The Magic Box

- Marneta Viegas

Close your eyes and be very still and take a deep breath. Imagine there is a glittery box in front of you. This is a very special Magic Box, made of rainbow crystals. It is sparkling in the light. Spend a few moments watching the multi-coloured crystals glimmer. The light is bouncing and dancing all over the room. It is a beautiful sight and makes you feel so happy inside. Take in a deep breath and then as you breathe out have a think about a question you would like to ask the Magic Box. It can be any question. Maybe you have something bothering or worrying you? Maybe you are not sure about something? Maybe you would like to know what to do next?

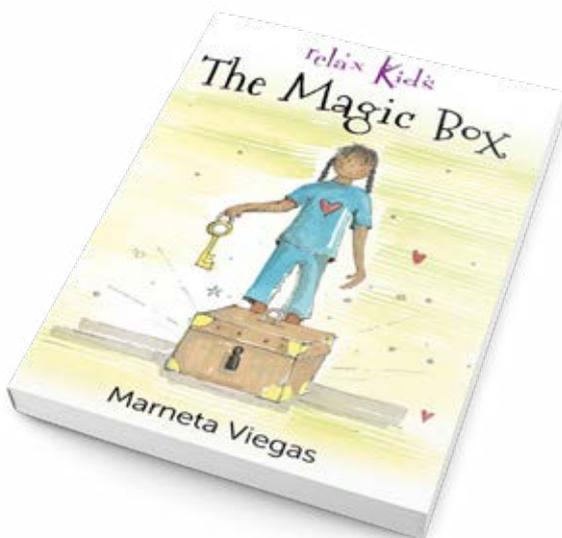


Inside the Magic Box is an object which will give you a sign that will help answer your question. Each time you open the box, the object inside is different.

The Magic Box always knows just what you need. Ask your question again and then stop and wait. Now open the box very slowly and put your hand inside. Touch the object. How does it feel? Is it smooth or jagged? Is it soft or hard? Is it warm or cold? How do you feel when you touch the object? Keep your hand on the object until you can work out what it is.

The Magic Box is answering your question by showing you this object. At first sight you might not understand, but if you stay very still and think deeply, it will all make sense.

Notice how you feel. Be aware of what is going on in your mind. Do you feel your question being answered? Stay very still and think about your question and the object and see if it makes sense. And now, when you are ready, thank the magic box for showing you an answer to your question and make a promise to come back when you have another question.



Each time you have a question, come to your special Magic Box and let the box show you an answer with a different object.



“I was so excited I just had to write to you and let you know that we used the Relax Kids ‘Self Esteem’ CD this evening with both my daughters and myself laying on the bed listening together. At first they were giggling and silly, but very soon relaxed and started to enjoy each of the exercises. I really do think the Relax Kids CDs are amazing, and I am going to make every effort to try and use them as much as possible as I can already see what a positive effect they have had on both my children and with the whole family now committed to thinking good thoughts about ourselves and each other!

I will be ordering Believe and Achieve and Anger Management in the morning!”- *Parent*



‘Today I will be bright like a star’

- This is a great affirmation to help you feel confident.

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



**TIP OF THE DAY**

Spend time praising your child and reminding them what they are good at and what you proud of.



## Helping children manage anxiety and worries

### Pebble Exercise

Give your child a pebble and ask them to put the pebble in their palm and feel it being completely aware of the pebble and nothing else. As they breathe in, feel as if they are breathing in coolness and feel as if they are breathing out coolness. Let pupils see themselves as still and cool and silent as a pebble.

### Love Tokens

The main things our children want and need are free... time, energy, love, hugs, attention and praise. A great way to ensure that they are getting what they need is to make a selection of love tokens. You can make these with your children out of paper or card and laminate them or collect and draw words on pebbles.

Here are some token ideas:

- Hug token
- Game token
- Story token
- Love token
- Time token
- Laughter token
- Foot rub token

Once the tokens are made, place them in in a box, bag or jar.

Make up your own rules as to when the family take a token. It could be once a day or one in the morning and evening or when they need it or come home from school. Let them choose and token and trade it in for some quality time with you. Don't forget to join in and pick tokens out of the jar to claim your hugs and kisses.

# The Angel (Extract from The Wishing Star)

– Marneta Viegas

Close your eyes, be very still and imagine that a beautiful angel with pure white feather wings comes up to meet you. Did you know that everyone has their own personal angel to guide and protect them? This is your guardian angel who looks after you and loves you deeply. You feel very safe being close to your angel. The angel doesn't need to speak as she or he can hear your thoughts. Look deeply into the angel's eyes and talk to the angel with your mind.

Maybe there is a particular problem you would like to tell your angel about. Maybe you are worried or upset or cross for some reason, and no one seems to listen to you. Your own special angel is the best at understanding, so tell your angel everything. Then, when you have finished telling what is on your mind, stay very still and watch the angel smile and put his or her wings around you. You are surrounded by the softest feathery angel wings.

Just being hugged by your beautiful angel sends your troubles away and makes you feel better. It is as if your angel is taking your troubles away and giving you the most lovely feeling instead. You start to feel very calm and serene and content. You feel like staying inside these angel wings forever. Feel your whole body and mind relaxing, as the angel hugs you gently. Feel your legs relax, feel your chest and back relax, your arms relax and your head relax. You feel so loved and protected by your special angel.

And now, when you are ready, wiggle your fingers and toes, have a big stretch and open your eyes.

***I am loved and protected.  
I am loved and protected.***





'Last year my son was 9 years old and having severe school anxiety. By listening to the Anxiety CD, he learned to slow down, breathe, and clear his mind. He learned how to relax. I must say without him learning these incredible skills, he would not be where he is today. He is more confident than ever and having the best year in school! I am so proud of him and know that these skills will carry him through his life!' - Rachael

## relax Kids Kindness Generator relax Kids

Use your initials to work out your designated random act of kindness

### FIRST NAME

<b>A</b> friend	<b>B</b> family member	<b>C</b> stranger	<b>D</b> work colleague	<b>E</b> neighbour	<b>F</b> child	<b>G</b> adult	<b>H</b> man	<b>I</b> woman	<b>J</b> girl	<b>K</b> boy	<b>L</b> friend	<b>M</b> family member
<b>N</b> stranger	<b>O</b> work colleague	<b>P</b> neighbour	<b>Q</b> child	<b>R</b> adult	<b>S</b> man	<b>T</b> woman	<b>U</b> girl	<b>V</b> boy	<b>W</b> friend	<b>X</b> family member	<b>Y</b> stranger	<b>Z</b> work colleague

### SURNAME

<b>A</b> Treat	<b>B</b> Give chocolate to	<b>C</b> Write a note to	<b>D</b> Wave at	<b>E</b> Send a postcard to	<b>F</b> Wink at	<b>G</b> See the best in	<b>H</b> Give flowers to	<b>I</b> Buy sweets for	<b>J</b> Write a letter to	<b>K</b> Smile at	<b>L</b> Give a compliment	<b>M</b> Be patient with
<b>N</b> Give a gift to	<b>O</b> Be good to	<b>P</b> Give a pound to	<b>Q</b> Make dinner for	<b>R</b> Giggle with	<b>S</b> Buy lunch for	<b>T</b> Buy a coffee for	<b>U</b> Give a hug to	<b>V</b> Write a poem for	<b>W</b> Give thanks to	<b>X</b> Make a gift for	<b>Y</b> Make breakfast for	<b>Z</b> Be kind to

# just relax

For Adults

FIND OUT MORE AT [WWW.RELAXKIDS.COM](http://WWW.RELAXKIDS.COM)



## IGNITE YOUR SPARK CLUB FOR BUSY MUMS

Would you like to feel more joyful, alive and creative?  
Do you feel your time is slipping away and your precious moments get caught up by life?  
Would you like to change old habits and make your evenings more productive?

Join Marneta's Ignite your Creative SPARK membership club and express yourself through creativity, practice mindfulness and rest and reset your mind.

*"SPARK club brings a light into my week. It gives me permission to play, to have time to sit and feel what's really going on within, and to practise using my voice to express and share."*

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



Relax Kids have a wide range of books, audios and cards to home and school use





# DOWNLOAD PACKS

Try Relax Kids at home instantly with our Download Packs!



**PURCHASE NOW AT [WWW.RELAXKIDS.COM](http://WWW.RELAXKIDS.COM)**

# Relax Kids Classes

## Helping Children Shine

Join our magical, creative and fun classes especially designed to help your child become more resilient, calm and confident. Your child will receive a unique toolbox of relaxation and mindful exercises to help support their mental and emotional health and wellbeing.

### The 7 Steps to Relaxation:

**MOVE** - warm up exercises for energy and fun

**PLAY** - mindful games for creativity and concentration

**STRETCH** - for balance and strength

**FEEL** - peer/self massage for self awareness, empathy and respect

**BREATHE** - for anxiety and inner calm

**BELIEVE** - for self esteem, confidence and positivity

**RELAX** - for imagination



### Help your child:

Relax and be calm

Feel confident

Focus and concentrate

Be imaginative

Develop creativity

Sleep better

**WE HAVE OVER 5000 COACHES IN 48 COUNTRIES GLOBALLY.  
FIND A RELAX KIDS CLASS IN YOUR AREA VISIT [WWW.RELAXKIDS.COM](http://WWW.RELAXKIDS.COM)**

### Our Franchises:



Suitable for ages 3+.

Relax Kids classes are fun and creative, helping children become more resilient and improving their emotions. By giving children a toolbox of relaxation and mindfulness exercises from a young age, they will grow up with good mental health.



Suitable for ages 11+

ChargeUp sessions give young people mindful tools to help self-regulate. Sessions can help reduce stress and anxiety, improve sleep, mental health and wellbeing.



Suitable for ages 0-18 Months

Baby Mindful is a new approach to working with parents of young babies, and has been created to offer a range of activities which will stimulate and calm whilst supporting your baby's natural development.

**FIND OUT MORE AT [WWW.RELAXKIDS.COM](http://WWW.RELAXKIDS.COM)**

# Transforming Lives



Mindfulness & Relaxation classes for children - [www.relaxkids.com/class-finder](http://www.relaxkids.com/class-finder)  
International Franchise - [www.facebook.com/groups/rktraining](https://www.facebook.com/groups/rktraining)  
Calming visualisation & affirmation products for children  
[www.relaxkids.com](http://www.relaxkids.com)



"I love teaching Relax Kids because it offers so many calming tools for children to be able to deal with life's stresses, whilst boosting their confidence and self esteem. The best part of my job is being able to do a job delivering both of my passions at the same time... Teaching and children's well-being, in a fun and creative way! My favourite affirmation is "I am special" because I believe that everyone should feel this about themselves as part of their general wellbeing. When children say it out loud, I can tell that they are starting to believe and understand just how special they really are."

- Claire Gretton



For more information:  
[tinyurl.com/joinrelaxkids](https://tinyurl.com/joinrelaxkids)

# KIDS CORNER

Can you fill in the blanks?  
What positive words are missing?

□ □ □ **R**

□ □ **E** □

□ □ **L** □

□ □ **A** □ □ □ □ □

□ **X** □ □ □ □ □ □ □ □

**K** □ □ □

□ □ □ □ **I** □ □ □ □

□ □ □ □ **D**

**S** □ □ □ □ □





## Welcome to the Web of Wellbeing

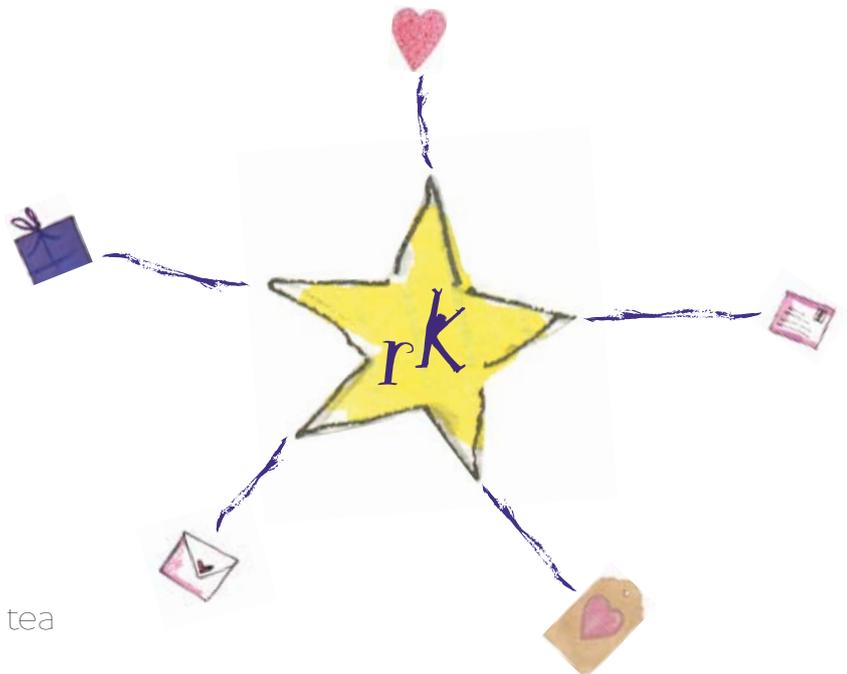
The Web of Wellbeing is simple to do. Create a wave of positivity and good feeling in your family and community by showing your love and gratitude to 5 people.

Send a postcard or a love token, write a thank you note or compliment card.

Simply print off the Wellbeing Web PDF and cut out the items, choose your people and show them your love. You can also send them by text or online to brighten someone's day.

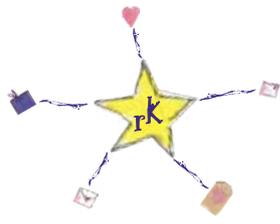
Brighten someone's day today - Here are some suggestions, how many can you do?

1. Send a postcard
2. Give a compliment card
3. Send a wish
4. Write a prayer
5. Send a cheer up note
6. Give a hug token
7. Give an IOU coupon
8. Send a kindness cheque
9. Ring someone
10. Send a text
11. Give a gift
12. Write why you like someone
13. Perform a random act of kindness
14. Make a cup or take someone out to tea
15. Send a thank you card
16. Give an affirmation card
17. Leave a positive posit note
18. Send a virtual gift
19. Give someone a smile
20. Spend time with someone special



***Spread the Web of Wellbeing***

# Wellbeing pack



# The Wellbeing Bank

Date: \_\_\_\_\_

I promise: \_\_\_\_\_

Kindness

Paid With: \_\_\_\_\_

Signed: \_\_\_\_\_

Spreading wellbeing worldwide

www.relaxkids.com/webofwellbeing

#000000# 000000000000000000000000

© 2020 Relax Kids



Spread the Web of Wellbeing  
www.relaxkids.com/webofwellbeing

Spread the Web of Wellbeing  
www.relaxkids.com/webofwellbeing

# Wellbeing pack

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Spread the Web of Wellbeing  
[www.relaxkids.com/webofwellbeing](http://www.relaxkids.com/webofwellbeing) © 2020 Relax Kids

### PRAYER CARD

May you be...

May you be...

May you be...

May you be...

Spread the Web of Wellbeing  
[www.relaxkids.com/webofwellbeing](http://www.relaxkids.com/webofwellbeing)

© 2020 Relax Kids

*Spreading wellbeing worldwide*

[www.relaxkids.com/webofwellbeing](http://www.relaxkids.com/webofwellbeing)  
© 2020 Relax Kids

Just to say

# THANK YOU

For \_\_\_\_\_

Spread the Web of Wellbeing

# LOVE TOKEN

Pass it on

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# MY WISH

Spread the Web of Wellbeing  
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# Wellbeing pack

Make up this box to store your wellbeing pack!

