

# Relaxation Club



Year 1 Relaxation club has been taking place on Thursday's after school. The children have had lots of fun chilling out in different ways. Each session starts with calming music and relaxing scenes and a chance to breathe and de-stress from the day. Initially we thought about what sort of activities we do to relax and very quickly the favourite activities became colouring, jigsaws and Cosmic Yoga. They have also learnt the skill of paper folding and made a bird with wings and even watched a movie with biscuits.

