

Mental Fitness Package – Relax Kids Mindfulness



Club	St Peter's GAC, Warrenpoint
County	Down
Location	Warrenpoint
Rural/ Urban	Urban
Codes	Football, Ladies Football, Hurling & Handball
Membership (2016)	700

Case study- Relax Kids Warrenpoint

Plan

Supporting Documents:

- **GAA's Mental Health Charter [INSERT HERE]**
- **Healthy Club Statement [INSERT HERE]**

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 decrease stress and anxiety, increase attention span and improve concentration. St Peter's GAA club introduced this programme as part of their GAA Healthy Club project and eighteen girls and boys aged 6 to 8 years had great fun participating in it.

Partners

Within the club:

- Club Executive
- Healthy Club Project Team
- Parents
- Club PRO

Outside the club:

- Relax kids coach
- Down GAA Health & Wellbeing Committee
- CLEAR program- Public Health Agency (PHA)
- Schools (Primary 3 and Primary 4)
- Down Health & Wellbeing Committee (chair.hwc.down@gaa.ie)

The Healthy Club Coordinator promoted the programme to parents through club channels and through local schools. She also sent letters to parents in the area as it was open to children from the community and not just club members. The Relax Kids coach coordinated the 6-week programme and provided all the resources required.

Activity

The sessions incorporate movement and exercise, mindfulness and relaxation games, stretching, peer or self-massage, breathing techniques, affirmations and visualisations. Each class is based upon an imaginative theme, and gently introduces children to simple and fun mindfulness tools that can be used in all areas of their lives. The children learn how to use positive thoughts to help themselves feel good, help others and reach their full potential. They also enjoy games, storytelling and relaxations techniques.

The club hosted a parent's information and registration night in the club house where the Relax Kids coordinator was available to answer any questions. The cost of the course was £10 per child or £15 for two children from the same family. The classes were also supported by a range of high quality mindfulness and relaxation books and CDs and class printouts which help bring calm and quiet to the classroom and at home. On completion of the 6-week classes the children were presented with certificates.

For more information a free introductory pack is available for parents to download from www.relaxkids.com

The Club

Relax Kids classes have shown to help with focus, concentration, creativity, listening skills, self-esteem and sleep. 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.

Relax Kids coordinator, Eilish Burns says

“Capturing positive mental health from a young age is vital, this programme will go a long way to implementing sound foundation for healthy mental well-being in young people”

For more information visit www.relaxkids.com