



Monday 22nd January 2018

Group Notices

Dear Parents, Beavers, Cubs, Scouts & Young Leaders

A Million Hands 2018

The Scout Association Million Hands project aims to get all of its young people (that's half a million of them) committed to removing social barriers, connecting people and improving lives. Over the past eighteen months our Scout section have been involved, and their chosen issue has been Mental Wellbeing and Resilience.

We want to expand this activity across all sections, so over the coming year all of our young members will be engaging in A Million Hands activities around the issue of Mental Wellbeing and Resilience. The activities will be age appropriate and help all of our young members to better understand the chosen issue, including how this issue affects them, and learning what they can do to help themselves as well as helping with this issue in their wider community.

To deliver this, we have support materials from the Scout Association and national organisations such as Mind. However, it's also important for us to engage with local service providers too, and I have the pleasure of announcing that we have done just that.

Relax Kids Wirral with Leigh-Anne leading, have agreed to provide us with a short session for each of our young members. Relax Kids provides fun and imaginative classes that aim to create calm and confident children, and Leigh-Anne has agreed to tailor a short workshop to help all of our members better understand their own Mental Wellbeing and Resilience.

The workshops will be taking place during our normal Monday night meetings from Monday 26th February for four weeks to ensure all of our young members get the chance to participate. The planned workshops will be as follows:

	6:30pm to 7:30pm	7:45pm to 8:45pm
Monday 26 th February	1 st Half of the Beaver Section	1 st Quarter of the Scout Section
Monday 5 th March	2 nd Half of the Beaver Section	2 nd Quarter of the Scout Section
Monday 12 th March	1 st Half of the Cub Section	3 rd Quarter of the Scout Section
Monday 19 th March	2 nd Half of the Cub Section	4 th Quarter of the Scout Section

Information about the classes can be found on the information sheet attached, or by visiting their website at <https://www.relaxkids.com/> or Leigh-Anne's Facebook page <https://www.facebook.com/relaxkidsinwirral>

To help us ensure young members get the best out of this opportunity, and to ensure we have permission for your child to participate, we need you to complete a short online form. Please click on the link below and complete the form for your child:

<https://www.12thwallasey.co.uk/relaxkids-millionhands.php>

As always, any queries please get in touch.

Yours in Scouting

Hawkeye

AKA: Andrew Pickersgill

Group Scout Leader – 12th Wallasey Scout Group

Scouting and Proud since 1943... *Be Prepared...*



Information on Relax Kids Classes

Children are encouraged to use their body movements and imagination to the full. Their bodies and imaginations are engaged and stimulated.

Relax Kids activity classes are carefully structured using the unique and focussed 7 step system which leads children confidently through natural energy levels, directing high energy to low energy.

Children feel engaged and the sessions are fun and energetic whilst ultimately relaxing and restorative for both body and mind.

Class Structure

- ★ **Movement** - incorporates dance and movement, encouraging development of core physical skills, improves coordination, boosts energy, circulation and a healthier immune system whilst helping release endorphins.
- ★ **Games and Play** - range of energetic and fun games that ultimately relax. The drama-based thought provoking games encourage and promote social skills and awareness. They will help build children's confidence and social, interaction and communication skills. They further develop focus and concentration.
- ★ **Stretching and Balance** - A set of yoga-inspired stretches are carefully demonstrated and used by the children to lengthen and stretch bodies and so improve postural awareness. These exercises help release physical tension, develop motor skills, body awareness, balance and flexibility.
- ★ **Massage** - Children are given the choice of taking part in self and or peer massage (with parental consent). These calming exercises promote positive touch and encourage respect, communication and empathy amongst peers. Children become aware of their own bodies and learn to respect others. Positive touch boosts the immune system, calms the nervous system, helps the production of Oxytocin and Endorphins and lowers stress levels in children.
- ★ **Breathing** - a range of child friendly exercises encourage deep breathing. These exercises help calm the nervous system and children feel the immediate effects whilst being taught how to use these techniques effectively for themselves. Breathing exercises also improve concentration and focus.
- ★ **Affirmations** - incorporates a range of games and circle time activities that enable children to confidently use positive affirmations and self praise. These enjoyable games and exercises include the use of affirmation cards and help improve children's emotional health and literacy. They also encourage the development of positive neurological pathways and promote and improve self confidence and self esteem. They also encourage the release of endorphins as children think and speak positively.
- ★ **Visualisation** - incorporates deep body relaxations, mindfulness exercises, guided imagery and visualisations. These exercises help release physical and mental tension, lower blood pressure, increase body awareness and give children de-stress and self management tools. Done regularly, these exercises can help relieve fatigue and promote deeper sleep while improving child anxiety.

Improved deep sleep and general relaxation will improve concentration, listening skills, and memory retention whilst expanding the child's imagination and creativity.



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