

# Relaxation for Children and Young People: Information for Parents and Carers

## What is the Education for Wellbeing programme?

The Anna Freud National Centre for Children and Families (AFNCCF) is an evidence-based children's mental health charity with over 60 years' experience of caring for young minds.

The Centre has been commissioned by the Department for Education (DfE) to deliver an exciting new Education for Wellbeing programme. The Education for Wellbeing programme will implement and evaluate five different mental health and wellbeing interventions across selected mainstream schools in England. The results will be published in a report to the DfE, who will incorporate the findings into their decision-making about how to support children and young people's wellbeing. The interventions are not targeted at specific pupils but are designed to be delivered to whole classes.

Following an application from your child's school, your child's class will be taking part in the Education for Wellbeing programme. Your child's class has been randomly selected to receive Relaxation.

## What are relaxation-based wellbeing skills?

Relaxation involves techniques that can help to reduce the impact of stress on the mind and body, and help in coping better with life overall. There are many different types of relaxation exercises, but we will be focussing on two broad areas:

**Deep Breathing** – taking fuller and slower breaths

**Progressive Muscle Relaxation (PMR)** – tensing and relaxing various muscle groups and coordinating this with breathing

Your child's Tutor Group will learn to practise relaxation skills during the spring and summer terms of 2020. Relaxation training will be built into the school day to ensure that your child's lessons will not be interrupted, and will usually be delivered by your child's Form Tutor for around 5 minutes each day.

All schools delivering the relaxation exercises will have been trained by experts from the AFNCCF and have received a range of support materials to use in class.

## Further information

There is an associated evaluation of this programme in your school (see the website for more info: [www.annafreud.org/what-we-do/schools-in-mind/our-work-with-schools/education-for-wellbeing](http://www.annafreud.org/what-we-do/schools-in-mind/our-work-with-schools/education-for-wellbeing)).

If you have opted your child out of the evaluation, they will still have the opportunity to take part in the sessions.

If you have any concerns or questions about the programme, please speak to your child's Form Tutor.