



## **CASE STUDY - INTRODUCTION OF RELAXATION TECHNIQUES & IMPROVE SELF CONFIDENCE**

**NAME OF SCHOOL**

PILTON BLUECOAT CE [VA] JUNIOR SCHOOL

**HEALTH THEME**

IMPROVING EMOTIONAL HEALTH & WELLBEING

### **SUMMARY OF HEALTHY SCHOOLS PLUS ACTIONS**

- Use of PASS to collect data regarding the children's perception of their Perceived Learning Capability, Self Regard and Confidence in Learning
- Staff meeting to explain Healthy Schools Plus objectives and demonstrate and discuss how to use the materials correctly.
- 'Relax Kids' materials purchased and used in conjunction with circle time activities
- Relax Kids activities initially piloted with one Year 6 class and children were consulted after each session
- Staff delivery of the 'Relax Kids' sessions monitored by PSHE Co-ordinator/Healthy Schools Plus Lead
- Routines adapted to suit restrictions of space and materials personalised by individual staff to their class
- Staff training in Massage in Schools Programme [MISP]
- MISP introduced in conjunction with 'Relax Kids' but not disseminated to all staff until piloted with one Year 6 class – child and parental anxieties were addressed prior to introduction. Consultation with the children and regular review of pilot carried out
- Future plans to introduce the Massage in Schools Programme with the younger children in the school first

### **EVIDENCE OF IMPACT**

- After initially feeling 'uncomfortable' with some of the 'Relax Kids' materials, as they became used to the structure of the sessions, the children became less self-conscious
- This reflective time has enabled the children to find something positive, no matter how small
- Most teachers were supportive and believed that the sessions were effective
- Children remind staff if it is a 'Relax Kids day' and their responses across the year groups has been extremely positive
- Parents noticed children leaving school more relaxed and less negative
- SATs proved to be a positive experience for the Year 6 children – many reporting that they enjoyed the challenge and did not find the exams as hard as they expected to.
- Feedback from the Year 6 children involved in the piloting of the MISP approach highlighted that it would be more beneficial to start this programme with the younger children in the school, where they might feel more comfortable about the massage techniques. The school have taken on board these comments and adjusted their plans, intending to

use this programme as a link with the children from the feeder Infant School as well

### REFLECTIONS FROM THE SCHOOL

The children commented that the discussions leading up to SATs, with the Relax Kids materials, had helped. They believe the reflection time allowed them to talk about their feelings and they realised that the other children were feeling the same. Recent data showed a significant improvement in Self Regard and Confidence in Learning and although it cannot be directly attributed to the 'Relax Kids' techniques, it would be a contributing factor to these increases in emotional health and wellbeing for all children.

**For further information regarding this intervention, please contact -**

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