

The Aim of Fresh Little Minds Relax

The Fresh Little Minds Relax programme will allow you to support children to reduce anxiety, reduce worry and improve concentration. The focus is to get children ready to relax in a classroom setting and experience relaxation sessions, so to prepare them for their day.

This Fresh Little Minds programme takes all the successful key elements of our courses and condenses them into simple engaging micro lessons that you can deliver in the classroom.

Delivering flexible bite sized lessons alongside our virtual presenters allow you to engage with children's mental health and emotional resilience in the classroom through fun and engaging activities. The fun video clips feature Stephen, Rachel and the programme mascot AMBER our Fresh Little Minds facilitators who introduce each lesson theme enabling you the opportunity run activities, open conversations, and help relaxation. Along the way our intrepid presenters, use humour and examples to help illustrate the lesson theme in a way the children can relate to.



Learning objectives for the Fresh Little Minds Relax Programme

- Apply and embed the AMBER approach
- Know how the brain and body works together
- Learn to release stored up energy and emotions
- Reduce Toxic Stress
- Cope with intense arousal in a way that counteracts destructive acting out
- Learn how to trigger supportive immune boost cycles of calm
- Restore physical, emotional and mental equilibrium

The basis of each lesson involves showing a short piece of video featuring our virtual facilitators and AMBER, the Fresh Little Minds puppy mascot to the children in the classroom, then follow the simple lesson plans and get the class REGULATING & RELAXING!

The AMBER Approach is introduced and underpins the programme to help you choose a variety of resilience activities and familiar structure to help build a safe and familiar experience. Repetition provides the practice that children need to master new skills and get them Ready. Repetition helps to improve speed, increases confidence, and strengthens the connections in the brain that help children learn. We hope that you and your class will be able to embrace the language of the AMBER Approach within your class and across the school.

Anchoring	Repeated shared activities and exercises to focus and ground class (Amber Motto), energy 'check ins',
Move:	Stretching, Shaking, Patting, Voice, Breath, games – to move stuck energy
Breathe:	Breathing Exercises to help restore emotional and physical equilibrium
Express:	Expressing and emoting: Tapping (reframing statements), questions/circle time/plenary, Aroma/Smell, Imagination
Relax:	Guided meditations, Colouring in, Reflection, Body Scan