



Guided Relaxation

Closing your eyes and relaxing is a wonderful thing...

Peace Out is a series of guided relaxations for children. The main focus of the series is to help children to learn to enjoy the feeling of relaxation.

Here are the first three episodes for you to try...

<https://youtu.be/ZBnPlqQFPKs>

https://youtu.be/9_vEZTrmtyA

https://youtu.be/zPZmD3x4_Nc