



Creative Relaxation

physically relaxed . mentally alert

Improving well-being
for pupils and staff

Creative Relaxation for Schools is a well-being programme for pupils and staff run by The Girasol Foundation, a UK charity dedicated to the well-being of children and those who work with them.

www.creativerelaxation.co.uk



Well-being

Imagine a school where staff and pupils feel good about themselves, are confident in their own abilities, interact well and are positive, happy, optimistic and healthy.

We know that individuals with a sense of well-being are highly effective and have a positive impact on those around them. Individual well-being is the foundation for school well-being; and a positive sense of **well-being underpins sustainable high performance.**

Our Belief

We believe that the well-being of children and teaching staff are inextricably linked. By investing in skills to manage their own well-being, teachers can lead by example and create optimism, happiness and calmness both in the pupils and in the school as a whole. **Creative Relaxation** is one way to achieve this.

Creative Relaxation

Creative Relaxation for Schools is a well-being programme that can be run for individual groups of pupils and teachers or across the whole school community and is suitable for children from the age of 6 upwards.

Creative Relaxation is a technique for integrating relaxation into daily life. It teaches us how to relax our body and mind and achieve a state where we are physically relaxed but mentally more alert. In this state we can use our imagination in a creative and conscious way for our own benefit which makes it easier to imagine and implement more positive outcomes to any situation.

“We did Creative Relaxation with our children before their SATS and we noticed a marked improvement. After learning Creative Relaxation, they seem to have a new coping mechanism. They do the relaxation before they take any test and it seems to take the edge off.”

**Jas Leverton, Headteacher
Glade Primary School**

Learning Creative Relaxation



Creative Relaxation for Schools can run trainings in your school for teachers, pupils and others. We divide the training into two parts: the first is focused on physical relaxation; the second on using our imagination creatively to positively influence our health and well-being.

Introductory teacher/staff training - the introductory course for any adult wishing to benefit from Creative Relaxation takes five 1 ½ hour sessions spread over five consecutive weeks. Trainees will be given daily exercises to practise between sessions.

Teacher Training - those who have completed the Introductory training and who wish to use the technique in the classroom to train pupils need to take an additional two days of training.

Pupil Training - consists of six one-hour sessions spread over six consecutive weeks. Ideally these sessions will be delivered by the classroom teacher who has completed both the Introductory and Teacher training (see above) and who will guide the children in their daily practice between sessions.

The Benefits of Creative Relaxation



Pupils: Creative Relaxation teaches children how to relax, raises self-awareness of body and mind and improves their self-image. It helps them to increase their cognitive and social skills and encourages them to develop their creativity to become more effective.

“I was worried about the reading test, then, during the relaxation, thoughts about it left my mind.”

11 year-old girl, Redbridge



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Benefits of Creative Relaxation



After trainings teachers and pupils reported the following benefits:



Improved pupil's self-confidence and resilience

Enhanced emotional balance and autonomy

Increased body awareness

Promotes creativity and problem solving

Decreased physical tension and anxiety

Decreased depression

Creates a harmonious classroom environment

Helps to focus children's attention

Improved energy levels

Evokes a more positive attitude

Improved teacher/ pupil communication

Provides staff with classroom management techniques

Improvement of personal performance

Staff: Creative Relaxation will show teachers how to manage stress, increase their energy levels, improve their own sense of well-being and is a valuable tool to help them manage their pupils more effectively.¹

"All teachers should do this training as they will present as confident, calm, in control and understanding of others."

Teacher, Redbridge, Essex

School: Creative Relaxation can be part of a school's toolkit that complements and adds to any existing schemes and policies on health and well-being for both staff and pupils. Specifically Creative Relaxation has relevance to:

- Every Child Matters outcomes, particularly In promoting physical and mental health and emotional well-being
- Emotional literacy programmes such as SEAL
- Emotional health and well-being themes in Healthy Schools
- Staff well-being initiatives.

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The Evidence



Creative Relaxation has been promoted by the children's charity, The Girasol Foundation, since 2007. It has been piloted in over 50 primary schools in Redbridge, Hertfordshire and Oxfordshire and over 150 school staff and hundreds of children have been trained in the technique.

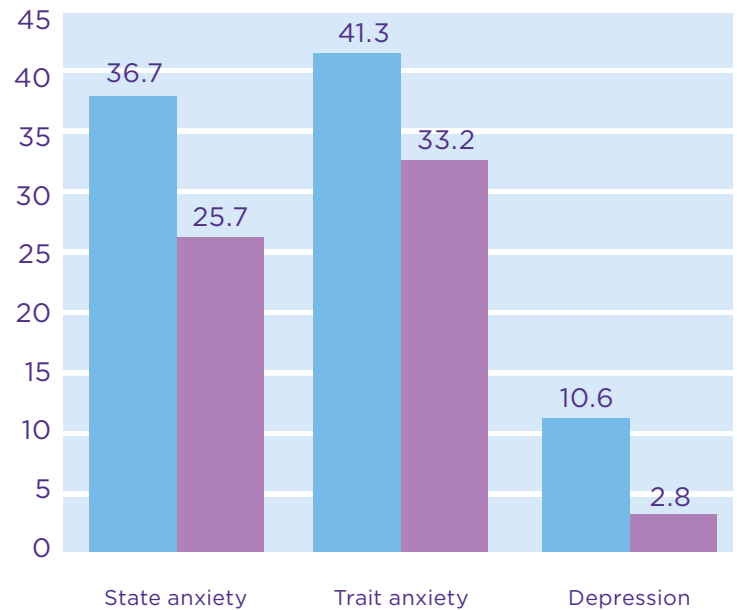
Results from pilots show that:

95% of staff trained would recommend the Creative Relaxation training to others

90% of staff trained were interested in learning how to use the technique with children

Levels of anxiety and depression measured before and after the training were significantly reduced and, in the case of depression, by more than **50%**

PRE- AND POST-COURSE MEAN SCORE



● Mean score pre-course ● Mean score post-course

The above graph shows the results from an independent survey conducted by educational psychologists at Redbridge local authority following two separate **Creative Relaxation** pilots involving 49 staff from 22 schools. Levels of anxiety and depression were measured before and after the training using recognised psychological tests.

Professor Ann Buchanan of Oxford University who conducted research into the effects of Creative relaxation on 180 primary aged children, stated in her report "Promoting Child Well-Being":

"What can be said about Creative Relaxation with some confidence is that, the feedback from pupils and teachers, as well as findings from the previous pilot studies, suggests that Creative Relaxation training may offer real benefits for children that could give them life-long stress-management strategies."

Learn more about Creative Relaxation for Schools



If you would like to order the book and CD for adults, or learn more about the benefits of **Training in Creative Relaxation** email: schools@creativerelaxation.co.uk



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www.createrelaxation.co.uk

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