



Welcome to your Calm Pack

It is full of exercises, cards and affirmations to help you manage your anxious thoughts and feelings in these uncertain times.

Take a card in the morning, before bed or when you need a moment to pause and feel calm and relaxed again.

For classes and online classes as well as MP3s to help you feel calm, please visit our website or see your local Relax Kids coach.

www.relaxkids.com