

## Relax Kids Inclusion Policy

### Overview:

- At Relax Kids, we welcome children of all abilities to our classes and believe every child should be treated equally and with respect.
- We are committed to identifying and eliminating any barriers and ensuring that children with all needs have equal access to, and participate meaningfully in our sessions.
- At Relax Kids we are respectful of individual differences and are committed to building friendships between all children, regardless of their circumstances.
- Inclusion within Relax Kids refers to meaningful participation for all children, including children of cultural and linguistic diversity.

Our Relax Kids inclusion policy aims to reflect the **2010 Equality Act**, which establishes 9 characteristics, against which discrimination is unlawful. These are as follows:

- Age (all ages and age groups)
- Disability (physical and mental impairments)
- Gender Reassignment (people who are proposing to undergo, are undergoing or have undergone gender reassignments)
- Marriage and civil partnership
- Pregnancy and maternity
- Race (including ethnic or national origin, colour and nationality)
- Religion or belief (including religion or a lack of religion, a religious or philosophical belief or lack of belief)
- Sex (gender)
- Sexual orientation (gay, lesbian, bisexual and heterosexual orientation)

### Benefits for Children:

Having contact with other people of all abilities and from all backgrounds gives children a better understanding and appreciation of individual differences. All children are also given more opportunities to socialise with their peers; this encourages an acceptance and respect for others.

**Benefits for Relax Kids Coaches:**

Working with children of varying abilities will strengthen coaches' skills and allow them to appreciate and understand individual differences.

**The Inclusive Relax Kids Community:**

The magic of Relax Kids comes from our coaches' warm and friendly attitudes and desire to improve the wellbeing of all the children in their sessions. All children receive a warm welcome, regardless of their ability or background.

We encourage friendship within our classes and many of the exercises include group or partner work. This ensures that no child is left out or feels undervalued. Bullying is not tolerated within the Relax Kids community.

If need be, exercises may be adapted for children depending on their ability. If your child has a special need, please mention this to your Relax Kids coach who will adapt the exercises accordingly. At Relax Kids we believe in genuine inclusion, more than just a child's presence in our classes, and encourage meaningful participation from all. We encourage a sense of belonging within our classes and are committed to raising the self-esteem of all children.

We believe that families hold important insight into their child's wellbeing and will actively consult both the child, and their family when making adjustments and provisions in order to create the best environment possible.

**The Inclusive Relax Kids Environment**

Depending on the individual needs of each child, we may have to take the physical environment into account when assessing how they may have the best possible Relax Kids experience. If you believe that this is the case, please notify your Relax Kids coach before attending a class. We will endeavour to remove any barriers that may exist. This may include having wider pathways between furniture to allow for a wheelchair or adapting equipment in order to make it both visible and accessible to each child, for example, adjusting table height.