

The activities described here result from the use of the **Creative Relaxation Technology (CRT)** with kids and teachers. It combines techniques using the imagination and tension relaxation.¹

Main Activities

1. **CEI Adolfo Lutz** – Introducing CRTKids to 21 teachers. During the second semester, 10 children, the average age was 5 and a half years old, received CRTKids – their stress levels decreased by 28% (measured by the *child stress scale*); children between 3 and 4 years old were ‘prepared’ with activities (plays and drawings) from the CRTKids Handbook – in 2015 they will receive the physical relaxation techniques at an experimental level.



‘... (CRT) offers to CEI employees a more positive life, in terms of physical and emotional health’ (*Andrea Zuani*, Principal)

2. **EMEI Professor Lourenço Filho** – Presenting the CRT program to teachers (Oct/2014) – the program shall be introduced in March/2015



3. **Reino da Garotada de Poá** – In the 3rd year of the ‘Reino 2112/2022’ Project, teachers used the CRTKids on a regular basis with children and teenagers (from 6 to 14 years old); in the monthly follow-up meetings tales were used (Ex. The boxer/Saadi of Shiraz; The gnat Namouss, The bird and the egg; Bread and jewelry/I. Shah...); TED Talks; Films; Cooperative Games...

Children’s testimonies: ‘... I’m not as quiet as I used to be, I feel freer and I’m going to continue like this...’ (A. 11 years old); ‘... I’ve changed a lot, after the CR I feel calmer and happier...’ (E. 12 years old); ‘...my thoughts are improved when I’m angry, sad or worried... the part I like the most is imagining I am in a special place’ (E.A. 9 years old); ‘... the CR helps me feel more relieved and happier, many times before using the CR I felt nervous and after using it I was happy...’ (E. 12 years old); ‘... the relaxation calms me down...’ (F. 10 years old); ‘... it helps me feel light, calm...’ (K. 9 years old); ‘... it helps me see myself better...’ (S. 10 years old); ‘... I see landscapes and lakes more clearly... and it helps me to play...’ (M. 8 years old)

¹ Since CRTKids works with the concept of noncognitive/socio-emotional abilities suggested by UNICEF and WHO, children are offered the possibility of building up a positive identity tool, it develops their judgment and helps them to deal with their emotions and tensions; hence, it makes their self-esteem and resilience stronger.



'... I noticed that children were more relaxed and their behavior was improved... (Felicja – teacher)

CRT Workshops – the purpose is to expand the use of CRTKids to other cities/states

Belo Horizonte – 3rd group (Feb); **Rio de Janeiro** – 2 groups (Oct/Dec); **São Paulo** – 4 groups

Institutional – actions for CRTKids scientific support and disseminating results

- **USP/Public Health School** – Opening of VII Meeting of Mental Health and Education FSP/USP – Sept 19th/2014 + lesson on CRT as a tool for building up autonomy and empowerment:



. **Post-PhD** and research activities carried out at Lasamec (*Collective Mental Health Laboratory*) and Gesme (*Education and Mental Health Group*).

- **UK Girasol Research** – *Creative Relaxation for Schools - A Research Project conduct in Southend and London, 2012/2013* (614 children and 52 teachers) – published by THT Journal / Dec 2015;
- Pilar Lillo shall come to Brazil to train new CR instructors – planning has been done including costs; a survey has been conducted to figure out the number of participants.
- **Girasol new website:** (<http://www.girasolsp.org.br/>) March 2014 and **Facebook** page July 2014

SCHOOLS – 2014 global figures

. **Children** benefiting from CRTKids: **395** (Reino + CEI A. Lutz)

. **Teachers** benefiting from CRT: **53** (28 Reino + 25 CEI A. Lutz)

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