

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

MAIN ACTIVITIES

1. **E.M.E.I. Prof. Lourenço Filho** – 8 teachers were taught how to use the technique. During the second semester, 20 teachers will learn it and start to use CRTKids with children.



2. **CEI Adolfo Lutz** – The CRT program shall be carried out with teachers and an additional group of children will receive the CRTKids.
3. **Reino da Garotada de Poá** – During the 4th year of 'Reino 2012/2022' Project, teachers keep on using the CRTKids with children and teenagers (from 6 to 14 years old) on a regular basis



¹ With CRTKids children are offered the possibility of building up a positive identity tool; it develops their discernment and helps them to deal with their emotions and tensions.



Disseminating the use of CRTKids in other cities/states

- Planning Pilar Lillo's visit to Brazil for the CRT/CRTKids Monitors' course – **scheduled for the end of November**

INSTITUTIONAL – actions for CRTKids scientific support and disseminating results

- **Opening Conference at the XVIe Colloque de l'Alliance Française de São Paulo**



- **USP/Public Health School** – Conference at VI CISCAs – International Congress on Kids and Teenagers Health: 'The concept of discernment in promoting kids mental health' (<http://cisca.web.versila.com/wp-content/uploads/sites/25/2015/05/programa-cisca-12-maio.pdf>); 2016 Summer Course at School of Public Health: 'The promotion of mental health during childhood and the interface with school life' putting emphasis on CRTKids; Post-PhD and research activities carried out at Lasamec (Collective Mental Health Laboratory) and Gesme (Education and Mental Health Group).

SUPPORTERS

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