

Functional Reflex Therapy

Rainbow Relaxation Routine



Supporting
children with
Autism and Special
Educational Needs

Inservice training days for the multi-disciplinary team delivered by FRT founder
Lorraine Senior B.Ed (Hons) MAR ICR

The respectful, positive touch of the Functional Reflex Therapy rainbow relaxation routine provides a structured repetitive activity using techniques drawn from Reflexology.

A safe, non-invasive, easy to implement timetabled activity; it can help you to address individual targets and link to curriculum areas, meeting school and Ofsted requirements.

Using the FRT 'tool kit', an object of reference supporting preparation and communication, regular FRT sessions can help pupils to;

- calm and reduce anxiety
- improve mood
- take a little quiet time focus and concentrate
- feel good about themselves
- prepare for ongoing activities and learning

Support the wellbeing of your pupils and your staff with relaxation skills for life, 'invest in your people'.

Visit www.functionalreflextherapy.co.uk
to see more of FRT in action