



**In our world, children are increasingly affected by stress,  
and a simple and effective relaxation opportunity  
cannot be valued high enough.**

In a relaxed state, we feel comfortable-our body and minds are in harmony. Someone who knows what it feels like to be calm will also notice when they feel tense or stressed, and can consciously counteract it. The older children get, the more critical this skill becomes, as it enables them to deal with the various challenges at home, in preschool, elementary and even high school with a calm approach.

Peter Hess, with his wife, Emily Hess, developed the training system "Klik® - Sounding Communication" in Germany over the past 30 years based on the Peter Hess® Sound Massage. His experience as a vocational school teacher and her expert knowledge gained over many years of work as an educator, head of an educational center, foster mother, and having an autistic nephew formed the background of the numerous tried and tested sound games, exercises and sound massages for children of all ages.

**Klik® objectives:**

With Klik®, children learn to relax while sensory and body perception is explored, attention and concentration are promoted, and mindfulness is practiced. In this way, children receive essential resources that enable them to meet the diverse demands of our fast-paced times, remain physically and mentally healthy, and preserve their zest for life and creativity. For children, the sound massage sometimes feels like the "tingling of a thousand rays of sun in your stomach."

**Decades of practical experience and research have shown Klik® to help with:**

- Relaxing the body and mind and learn to focus their attention
- Training hearing and listening skills
- Learning to be mindful - for themselves and others
- Experience trust and security
- Experience silence as a source of strength
- Enable the expression of feelings and needs
- Strengthen self-confidence, creativity and motivation
- Strengthen concentration and perception
- Facilitate empathy for others and thus promotes social competence
- Making it easier to "let go" - both physically and mentally (stress, ADHD, restlessness, exhaustion, test anxiety, nightmares etc.)

