



Growth Mindset
Resilience
Self Confidence

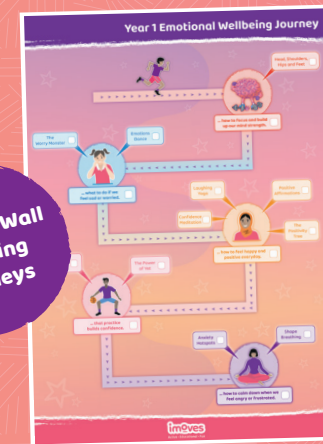
Social

Communication Skills
Building Friendships
Healthy Environments

Physical

Exercise and Health
Eating for Health
Sleeping well

Over 30 Lessons and Active Brain Breaks per year group



Working Wall Learning Journeys



Online CPD



Be
yourself,
everyone
else is
already
taken

**Inspirational
Display
Posters**



imoves

I first used imoves in class for children's mental health week and found the children responded really well to it. I like it because it is pitched at the right level for the children and the mix of movement and meditation is brilliant!