

imoves Primary Wellbeing at a glance!

Links in to the PSHE curriculum

Mental Wellbeing

Emotional

Growth Mindset
Resilience
Self Confidence

Social

Communication Skills
Building Friendships
Healthy Environments

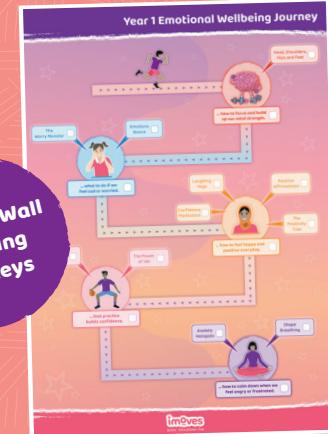
Physical

Exercise and Health
Eating for Health
Sleeping well



Over 30 Lessons and Active Brain Breaks per year group

Working Wall Learning Journeys



Online CPD



Inspirational Display Posters



Trustpilot



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!