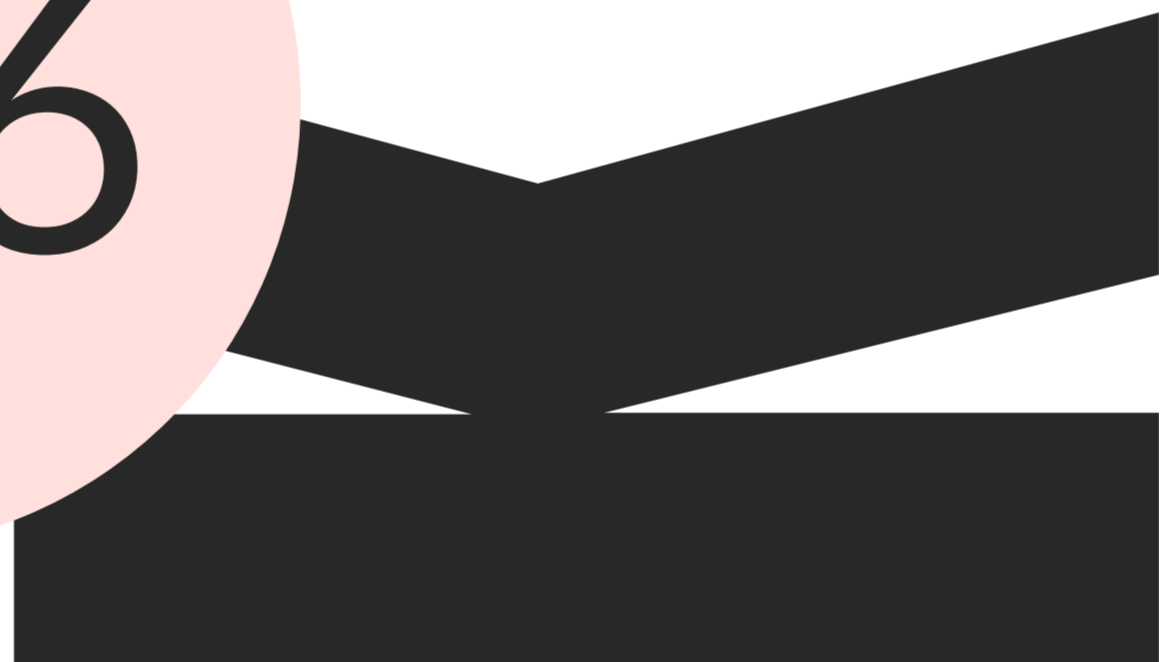




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The sessions provided within this program support our Term One Inquiry Unit “Healthy Minds, Healthy Bodies”. Throughout these lessons, students develop their self-awareness, increase impulse control, focus and empathy.

