



SUMMER TERM - WEEKLY OVERVIEW

PROFESSOR PINWHEEL

Learn the superpower of using breathing to take control of our feelings.

CYBER SENSE

Learn the superpower of using our senses to become mindful of our surroundings.

CAPTAIN CALM

Learn the superpower of understanding what happens to our mind when we are stressed VS calm.

AGENT GRATEFUL

Learn the superpower of gratitude and how it can change our perspective on things.

THE ROCK

Learn the superpower of letting go of negative thoughts and emotions that are weighing us down.

THE YOGA NINJA

Learn the superpower of yoga, helping us to engage in a calming activity that relaxes the mind and body.

DR BUBBLE

Learn the superpower of blowing bubbles and watch all our worries float away.

ZONE MAKER

Learn the superpower of creating a calming space and how taking ourselves away from a situation can help.

THE IMAGINATOR

Learn the superpower of letting our imaginations run wild, helping us to relax.

N-VISION

Learn the superpower of looking to the future, thinking about the exciting possibilities and setting goals.

MUSIC MAN

Learn the superpower of music and how it can change the way we are feeling.

BIONIC BAKER

Learn the superpower of letting go of stress and worry using dough.