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| On 30th September, we joined award-winning education coach and author of the Level Headers book series, Natalie Costa, for an online workshop, helping the children to understand and manage their feelings in a healthy and shame-free way. | A new school year can be both exciting and daunting for the children, with navigating friendship groups, sitting tests and fitting in all being causes of worry. During the live session, Natalie guided the children through her practice with interactive activities that the children completed during the webinar. |
| The children found this really useful. Here are some comments from Deer Class:‘I found it inspiring as I now know how to deal with situations when I am not feeling very confident.’‘The breathing techniques have really helped me cope if I am worried or anxious about something.’ |