

Finding Your Superpower



inner wings
A Confidence Building Foundation

Inner Wings, a confidence-building charitable foundation, offers free programmes to primary schools across the UK and internationally. Finding Your Superpower supports children aged 6-12 to realise their unique and unlimited potential and to develop a growth mindset. The programme helps children find out what drives them, what makes them feel amazing and what makes them unique, which will be the source of their confidence (their superpower!).

Everything you need to know:

- ★ Free and inclusive
- ★ Six interactive 45-minute sessions delivered by teachers
- ★ Includes free online teacher training
- ★ Resources provided remotely which any English-speaking school can utilise
- ★ Flexible to use for entire classes or as an interventionist approach for children needing it the most
- ★ In line with Personal and Social Education frameworks



What will your students learn?

“ The Inner Wings programme has helped us to realise that our superpowers were already there. This six-week lesson block has just unlocked them. What a celebration!

- Teacher, Wales



- ★ How to connect to their emotions and bodies
- ★ How to trust their instincts and develop their ability to think creatively
- ★ The importance of a vocal warm-up, eye contact and body language for confidence
- ★ That their contribution is valuable and to build their confidence in sharing their ideas with their peers

Email us at 'contactus@innerwings.org' to sign up!