

# TESTIMONIALS - England

“It was a really powerful time of growing and self-reflection.” - Year 5 Teacher, England

“Lucy is now happy to play with others more readily and no longer comes into school crying and worrying every day.” - Year 3 Teacher, England

“Mum has seen a massive improvement since we have been doing Inner Wings. She is more confident, has grown into herself more and is more settled in her own body. She is able to be proud of her uniqueness.” - Year 4 Teacher, England

“Yan is quite shy and quiet in class - reluctant to speak up and contribute to class discussions. While taking part in the programme, he really came out of his shell and started to speak freely and contribute very openly. This is transferring back into class slowly but surely.” - Year 3 Teacher, England

“Every child got something from taking part in the programme, even if it was more confidence within the group.” - Year 6 Teacher, England

# TESTIMONIALS - Scotland

“The girls look forward to our sessions and enjoy being part of them. One girl in particular has really opened up during the sessions and is talking more openly about how she feels; she struggles to interact socially and talk about her emotions, so this has definitely improved.”- Principal Teacher, Scotland

“Jess is a very quiet girl who has very little self-belief. Since completing Finding Your Superpower, she is more confident to speak out in class and more likely to engage in conversation with her peers and adults in school. She knows that she can turn to her superpower at any time.” - Principal Teacher, Scotland

“Alex has some difficulties with communication and emotional regulation. Finding his superpower has given him a strategy to adopt when feeling dysregulated.” - Principal Teacher, Scotland

“The girls loved the course and it’s amazing seeing their confidence grow. Other girls are now asking me if they can join so it’s very popular in my school.” - Nurture Lead, Scotland

“Ellie is a very shy and quiet girl. She struggles with speaking out in class and taking part in class discussion. Since taking part in Finding Your Superpower, her teacher has noticed a huge difference in her self-esteem and participation within class.” - Year 3 Teacher, Scotland

# TESTIMONIALS - Wales

“The Inner Wings programme has helped us to realise that our superpowers were already there. This six-week lesson block has just unlocked them and brought them to our minds. What a celebration!” - Year 4 Teacher, Wales

“One girl is extremely quiet and would tend to sit away from other children and isolate herself. Since doing Inner Wings, she's been far more involved with her peers, sits with them and even at times will play with them in the playground. Many of the children have told me that Inner Wings has helped them before class assemblies, and after one session a child came up to me and said: ‘Thank you Miss, I really needed that today’.” - Year 6 Teacher, Wales

“A female student in Year 3 began the programme with little to no confidence to speak out in front of a boy-heavy class but now includes herself in a multitude of games and activities, meaning she has gained an incredible amount of confidence in herself and her voice!” - Year 3 Teacher, Wales

“A pupil who is particularly shy within the class became animated and showed a different side to his personality by sessions 5 and 6 whilst undertaking the fun, engaging activities and games. This was lovely to see!” - Year 1 Teacher, Wales