

PROFESSIONAL DEVELOPMENT WORKSHOPS For international schools 2023/2024

Linden Global Learning workshops for international schools are designed to be interactive and relevant, drawing from the latest research and best practices in education and child psychology. Our international facilitators are dedicated to creating safe and inclusive spaces that encourage self-reflection, active questioning, and meaningful interactions among participants.

To ensure that each workshop is tailored to your school's specific needs and cultural context, we utilize online pre-workshop questionnaires 4-6 weeks before the session. This allows us to capture participants' most pertinent questions and relevant case studies, guaranteeing that our content addresses their unique requirements. We also measure the effectiveness of each workshop through post-workshop evaluations, which we gladly share with your school.

In addition to our standard workshops, we also offer bespoke workshops.

NEURODIVERSITY & LEARNING SUPPORT

- The ABCs of **Autism Spectrum Disorder (ASD)**: What Educators Need to Know to Support Neurodiverse Students
- **Sensory Integration** in the School Environment
- Effective **Behavior Management** Strategies for Teachers, Playground Assistants, or Classroom Assistants
- Reaching Students with **ADHD**: Tips from an Occupational Therapist
- Interpreting **Psycho-Educational Reports**: What Student Support Staff Need to Know and Where to Find It!
- New Frontiers in Inclusion & Mental Health for International Schools: The Brave New World of **Telehealth**
- Understanding **Sensory Processing**: Functional Impacts on Your Students & Yourself
- Supporting **Handwriting Development** in the Classroom: Tips from an Occupational Therapist
- **Collaborative Learning**: Essential Skills for International Students
- Supporting the Whole Child with **Multi-Tiered System (MTSS)** of Supports



Thank you for coming to our assistance yet again in delivering your three workshops last Thursday! By all accounts they covered an area we all need to take fully on board as teachers in international schools so you hit the nail right on the head! I think our colleagues appreciated your message, experience, research evidence and suggestions

James Bearblock,
Director of School Advancement, College Du Leman



MENTAL HEALTH & WELLBEING

- Child Development **Post Pandemic**: Trends, Challenges & Opportunities
- From **Math Anxiety** To Math Efficacy - A Solutions-Focused Workshop
- The Power of Thoughts: **Cognitive Behavioral Therapy** Strategies for Young Children or Teens
- Building **Resilience in Adolescents**: How Teachers/Parents Can Make a Difference in the Teen Years
- Sharpening Your **Mentoring** Tools: Soft Skills for Empowering Adolescents
- Understanding & Maintaining **Healthy Boundaries**: Tools for Boarding School Staff
- Creating Mindful & Safe **Digital Habits**: Navigating Kids & Teens Through Today's Digital World
- You Matter: Mental Health & **Self-Care** Workshops for Staff

DIVERSITY & BELONGING

- The **Culturally Competent** Counselor: Enhancing your Skills To Better Serve Diverse Students
- Breaking the Binary: Providing culturally competent care for youth who identify as LGBTQ+

WORKSHOPS FOR STUDENTS

- Motivation, Organization & **Time Management** Hacks for Students
- Understanding the Meaning of **Consent**: A Confidence-Boosting Workshop for Teens
- Mindful & **Safe Digital Habits**: How to Navigate Our Digital World
- Boosting **Social Skills** with Our Special Interests: A Confidence-Boosting Workshop for Young Students

For holiday camps led by our specialists, please visit our camp website: www.linden-education.com/camps



I wanted to send you an email this morning thanking you for everything. I thought last night's session was exceptional. I have already received positive feedback from families, and I hope you are also getting positive feedback on the survey. I wanted to express my sincere gratitude for all of your hard work in making this workshop possible. I found it to be very beneficial and exactly what some of our families were needing at this time.

International school Counselor



NEURODIVERSITY & LEARNING SUPPORT

Workshop Description

The ABCs of ASD (Autism Spectrum Disorder): What Educators Need To Know To Support Neurodiverse Students

For Staff

What does autism look like in the classroom? This workshop will offer an approach to understanding autism in the classroom. In this workshop, we will cover what the autism spectrum is and how students on the spectrum experience school in different ways. We will follow an informal and creative structure as we explore what typical behaviors look like and how to support students in the classroom academically, socially, and emotionally.

By the end of this workshop, participants will:

- Understand signs of autism in the classroom.
- Learn research-based strategies for supporting students on the spectrum inside and outside of the classroom.
- Consider specific strategies for students in your school or classroom

Sensory Integration in the School Environment

For Staff

Sensory Integration is for everyone! We all process sensory input differently, and knowing our sensory patterns can increase our life satisfaction. Sensory processing differences can impact a student's ability to engage and learn. Understanding the types of sensory integration difficulties and their impact on students in the classroom will help teachers provide a supportive and nourishing classroom environment. This workshop will include various practical strategies to try and implement in your classrooms, so we suggest you wear comfortable shoes and clothes to experience it yourself.

By the end of this workshop, participants will:

- Better understand the sensory systems and how they are critical to participation in daily life.
- Understand how sensory processing differences can present in students with sensory integration difficulties.
- Better understand how to use strategies for students with sensory integration difficulties.
- Be more equipped to identify changes in the school environment that will positively support the sensory needs of diverse student groups.

Effective Behavior Management Strategies

For Teachers

Playground & Classroom Assistants

What motivates the behavior of children? Would you like to understand the functions of and reasons for certain behaviors? This workshop will be your crash course in childhood behaviors. Together we will review the four basic functions of behavior in children: access to tangibles, gaining attention, escape, and automatic. It will also explain how behavior can be a function of communication and what this may look like in children. We will discuss positive behavior support examples and the benefits of positive behavior support. Finally, we will brainstorm ways to implement positive behavior support on a school-wide level and in your classroom.

By the end of this workshop, participants will:

- Better understand the functions of behavior in children as a means of communicating.
- Gain strategies for supporting positive behavior in children.
- Be able to implement positive behavior support in the classroom and the whole school community.

Reaching Students With ADHD: Tips From an Occupational Therapist for Teachers

For Staff

Almost 10% of all school-aged children have Attention Deficit Hyperactivity Disorder (ADHD). So what are the best ways to implement support for students with ADHD in your classroom? Engage with our Occupational Therapists to learn what you can be doing today! This workshop is part presentation and part active participation.

By the end of this workshop, participants will:

- Understand what ADHD is and what it is not.
- Learn how to identify the challenges and behaviors of students that have ADHD (with or without a formal diagnosis).
- Have specific strategies and tools to support your students in the classroom.

Interpreting Psycho-educational Reports: What Student Support Staff Need To Know & Where To Find It!

For Staff

Do you often receive psychoeducational evaluations for students in your school that leave you wondering what to actually do with the information? Even worse, do some reports leave you feeling more confused about what the author is trying to say than before you even started reading it? While the assessment tools and writing styles of evaluators will always vary, this webinar will lead you through a "common sense" interpretation of many frequently-used assessments and their scores, as well as what information is essential to help focus your work with students. We will also consider the impact of diverse educational practices, acculturative stress, and multilingualism on students' learning journeys.

During this workshop, participants will learn:

- The purpose and scope of psychoeducational reports.
- What various tests measure and how to interpret the scores.
- What to consider when reading a report about a student who has lived in multiple countries, learned multiple languages, and been exposed to different educational systems.

Upon completing this workshop, participants will be able to:

- Get the most out of reading a psychoeducational report and know what to focus on.
- Collaborate with teachers and parents to support classroom performance, based on assessment results.
- Understand how to help the Student Support Team implement recommendations.

NEURODIVERSITY & LEARNING SUPPORT

Workshop Description

New Frontiers in Inclusion & Mental Health for International Schools: The Brave New World of Telehealth

For Staff

Although telehealth is playing an increasingly large role in helping schools provide students with the support they need in the United States, it is just beginning to emerge as a way of helping students in international schools. This session will introduce participants to the field of telehealth and explore the many ways it enables schools to help students and staff in remote locations where specialized services are typically not available. We will address student supports such as occupational therapy, specialized learning support, speech therapy, executive skills coaching, and social skills groups. Telehealth support for teachers, including stress management coaching and specialized intervention support for students with mild to moderate learning differences, will also be discussed. Participants will leave with a better understanding of how inclusion and teacher support will be vastly improving as technology allows a myriad of therapies to be available to schools worldwide.

By the end of the workshop, participants will learn:

- What telehealth is.
- How telehealth is changing the ability of schools to augment their Student Support Services.
- How to boost the mental health of teachers living far away from their support networks.

Understanding Sensory Processing

For Staff & Parents

Sensory processing disorder (SPD) is a neurological disorder involving the way the nervous system confuses messages from the senses and responds in ways inconsistent with the environment and situation. Research shows that anywhere between 5 and 15% of children can show symptoms of SPD. This workshop will define the main terms regarding sensory processing and help participants understand the basics of sensory processing. Participants will also learn the symptoms of SPD, and how to identify the signs of SPD in infants, children, and adolescents. The workshop includes interactive activities for participants to complete within small groups and an opportunity to ask questions.

During this workshop, participants will:

- Learn what sensory processing disorder can look like.
- Be able to identify challenges with which children may be struggling.
- Gain specific strategies, tools, and resources to support children at home, school, or in the community.

Supporting Handwriting Development in the Classroom: Tips from an Occupational Therapist

For Staff & Parents

How do reading and writing disabilities manifest in the primary school classroom? How can primary school educators best support students struggling with reading and writing difficulties? It can be incredibly discouraging and disheartening for parents, students, and teachers alike when students struggle with reading and writing disabilities in the classroom.

Join us in learning how to identify and support struggling students and help them thrive in the classroom and beyond. Teachers will leave the workshop knowing how to provide struggling students with adequate supports and encouragement so they can thrive in the classroom.

By the end of this workshop, participants will:

- Explore the foundational skills needed for handwriting, including fine motor precision, visual-motor skills, and more.
- Understand the characteristics and challenges of dyslexia and dysgraphia.
- Gain tips and tricks to implement support strategies for struggling students in the classroom.
- Explore strategies to support students to become confident writers.

Collaborative Learning: Essential skills for International Students

For Staff

Collaborative Learning engages students in productive, cooperative, and interactive learning experiences that build life-long skills for effective teamwork. Related skills include self-knowledge, effective communication, managing conflict, group decision making, goal achievement, and reflection. These skills are explicitly understood and taught as a competency, following a cycle of established, clear purpose, analysis of current learning, setting challenging goals, and providing formative feedback.

By the end of the workshop, participants will:

- Understand the skills and indicators of Collaborative Learning and the Competency Cycle that underpins these learning standards.
- Learn about Collaborative Learning as a method to foster inclusion.
- Practice, experience, and implement a range of structures and activities that explicitly teach these skills.
- Design learning structures, embedded in content or concepts appropriate for their classroom and differentiate these structures to support access for all learners.

Supporting the Whole Child with Multi Tiered System of Supports (MTSS)

For Staff & Counselors

After a few unstable years, it's time to prioritize mental health and support those who provide those services! In the workshop, counselors and school staff will leave with knowledge of what MTSS is and evaluate their school's strengths and needs in terms of effectiveness, prevention, and support and determine the next steps that are best for their school. We will also learn about how MTSS supports mental health, and how the long-term outcome leads to fewer referrals and greater staff support to manage the mental health needs on campus.

By the end of this workshop, participants will:

- Build knowledge of MTSS as a framework for supporting the whole child.
- Build knowledge of how MTSS can address social-emotional learning and mental health needs.
- Evaluate your school's needs and build a concrete list of strengths and needs as a school system
- Learn about the components of Positive Behavior Intervention Support (PBIS) and Response to Intervention (RtI).
- Understand the differences between universal support, targeted support, and intensive support.

MENTAL HEALTH & WELLBEING

Workshop Description

Child Development Post Pandemic: Trends, Challenges & Opportunities

For Staff & Parents

While Covid-19 is typically benign in children, the disruption caused by the c has impacted the social and behavioral health and milestones of children and teens. For some, the cognitive and social stimulation lacking at the height of the pandemic, along with increased family stressors, significantly impacted their development. New research has shown significant changes we should be aware of as we support and help build up our children's mental health, behavior, communication, and social skills. Mental health concerns are certainly on the rise, but at the same time, many children have gained new skills and greater self-sufficiency. For some families, the pandemic has shaken up old routines and enabled them to create new ones.

This workshop will explore the consequences for children growing up during the Covid-19 pandemic, from the short-term effects to long-term implications. We will review factors that support regulated behavior and positive mental health at home. As things return to normal, we invite parents and educators to reflect on the impact of these challenging years and the silver linings and strategies for supporting children.

In this workshop, participants will learn:

- The latest research on how pandemic disruption has impacted social and behavioral health and milestones in children/teens.
- Factors that support regulated behavior at home in the long term.
- Factors that support improved social-emotional skills.

From Math Anxiety to Math Efficacy: A Solutions-focused Approach To Working With Anxious Students

For Staff

Math anxiety affects many students, not only during their school years but also when they make choices about their future career paths. With a prevalence of 33% among 15-year-olds from 65 OECD countries, it is a problem that is common among international schools children. This course aims to teach participants about the key factors contributing to the development of math anxiety and to assist them in helping students, teachers, and parents implement an optimistic, curious, and playful approach to math, which will promote a growth mindset and resilience when facing difficulties.

In this workshop, participants will learn:

- How math anxiety affects performance, motivation, and confidence.
- How to identify math-anxious students.
- Practical ways to support and reduce math anxiety that can be shared with different stakeholders at school (parents, teachers, and students).
- How to create a support plan for students using Albert Bandura's self-efficacy model

The Power of Thoughts: Using Cognitive Behavioral Therapy Strategies for Young Children

For Counselors

One of a school counselor's most important jobs is to help students make positive and healthy choices. Counselors can do just that by examining the relationships between thoughts, feelings, and behaviors with Cognitive Behavioral Therapy (CBT) strategies. CBT is an evidence-based approach that is easy to implement in school settings. The concept is quite abstract but not impossible for younger kids, particularly eight years and below.

In this workshop, participants will learn:

- What CBT is and why it is helpful for younger students.
- Accessible, concrete, and effective strategies to integrate with younger students.
- How to use chaining (scaffolding) to introduce CBT to younger children.
- How to reinforce CBT strategies in the classroom and with parents.

Cognitive Behavior Therapy for Teens: Building Resilience & Changing Mindsets

For Counselors

One of a school counselor's most important jobs is to help our students make choices and practice positive and healthy behaviors. By examining the relationships between thoughts, feelings, and behaviors with Cognitive Behavioral Therapy strategies, counselors can do just that. Never before have counselors had to be so creative in finding new ways to bring counseling techniques into a school setting. We often have only a few sessions with students, and during the hight of the pandemic, we had to find creative ways to connect and build coping skills online. This brief workshop will help school counselors working with adolescents use a five-part CBT model to change negative thought patterns into positive ones and teach young people they can handle anything that comes their way. We will explore how these strategies can be used online.

In this workshop, participants will learn:

- What CBT is and why it is effective for teens.
- How to use a CBT 5-part model.
- How CBT can be used in a school setting.
- Tools and strategies that can be used online and in-person.

Building Resilience in Adolescents: How Teachers/Parents Can Make a Difference in the Teen Years

For Staff & Parents

Knowledge of adolescent development empowers people who work with young people to advance teens' development. It allows us to develop appreciation and compassion for the joys and challenges of adolescence: the vivacity, the insecurities, the risk-taking, and the incredible growth in competencies. Participants will learn about the latest research on physical, cognitive, emotional, and social changes during adolescence.

We will explore neuroscientific findings on adolescent risk-taking, decision-making, sleep patterns, and drug and alcohol abuse within the school context. We will focus on the unique challenges faced by third culture kids (TCKs) and international school students. Focusing on three main pillars of resilience (executive functioning skills, positive identity, and healthy living), participants will come away with a better understanding of the brain changes affecting their students' learning. Participants will also come away with a practical toolkit filled with strategies and tools for helping foster resilience in students.

In this workshop, participants will:

- Become more aware of the profound development in the adolescent brain.
- Learn how hormonal changes and sleep affect development.
- Understand risk-taking behavior and the power of peers.
- Learn practical strategies for effectively supporting and communicating with stressed and anxious young students.

MENTAL HEALTH & WELLBEING

Workshop Description

Sharpening Your Mentoring Tools: Advanced Soft Skills for Empowering Adolescents.

For Staff

Research shows that mentoring empowers students to make better decisions, solve problems, and develop important life skills. This workshop is designed to enhance effectiveness in building authentic relationships with adolescents through mentoring. By the end of the workshop, participants will grow their mentoring 'toolbox' and learn how to boost resilience and agency in teens.

In this workshop, participants will learn:

- Empirically-based data on the long-term benefits of mentoring in positive youth development.
- How to identify key factors that promote and hinder healthy relationships between mentors and mentees.
- To examine their core life experiences and values to consider ways of integrating them into their mentoring relationships.
- To practice solutions-focused conversations as a means to build resilience and agency in teen mentees.

Understanding & Maintaining Healthy Boundaries: Tools for Boarding School Staff

For Boarding School Staff

Boarding school staff are School Employees, Teachers, Confidants, Guardians, and Mentors all wrapped into one. When the boundaries between roles are cloudy, so are the boundaries that guide appropriate actions and interactions between students and teachers. This workshop will support staff in creating their own boundaries and how to enforce them. Boundaries provide structure and a foundation for educational professionals by fostering a sense of safety and the belief that the teacher will always act in the student's best interest. Boundaries help educators express limits, provide a sense of safety, prevent conflict, help one take care of oneself while helping students, and build consideration and respect. This workshop will explore the best ways to create and maintain these boundaries. We will focus on the five levels of good boundary systems to ensure that boundaries are supported throughout your entire education system. We will define what boundary crossing is and boundary violations. We will also explore the negative consequences of a violation and the risk factors for this. Finally, we will cover the four guiding principles and eight guiding questions educators can use in the classroom to maintain healthy boundaries.

In this workshop, participants will:

- Develop guiding principles for navigating healthy and professional boundaries, including four simple rules to stay safe.
- Review and solidify the four fundamentals of healthy boundaries (make it visible, make it authorized, purposeful, and timely).
- Come up with suggestions for a guiding statement on boundaries.
- Learn how to handle moments when boundaries are muddled.
- Learn to manage difficult conversations and scenarios.

Creating Mindful & Safe Digital Habits: Navigating Kids & Teens Through Today's Digital World

For Staff

Since the arrival and rise in popularity of social media, children and teens have been exposed to new and exciting ways to access information and connect with each other. New technologies can serve as platforms for fostering discovery, education, community-building, and connection. While social media and the internet can provide many benefits, it can also pose risks and dangers, especially for young kids growing up in the digital world. Technology can disrupt healthy development in kids and teens, such as sleep, in-person socializing and interactions, and the ability to focus on schoolwork and participate in physical activities.

In this workshop, participants will learn about the best strategies for helping kids and teenagers navigate the digital world in healthy and productive ways while also being aware of its negative effects on their well-being.

During this workshop, participants will:

- Learn ways to encourage students to be critical consumers of the media.
- Be equipped to tackle difficult subjects such as cyberbullying, sexting, and porn.
- Be inspired to become digital role models for the next generation.
- Learn specific strategies and develop confidence in managing technology in their homes and classrooms.

You Matter: Mental Health & Self-care Workshops for Staff

For Staff

While global education offers incredible opportunities for learning and growth, it also carries unique stressors and challenges for students and staff alike. Research shows that staff wellbeing can promote high morale, academic success, and resilience in students. In this workshop, facilitators will create a safe space for school staff to explore ways of practicing self-care and integrating these ideas into their workday. Using the latest research to demonstrate how our mental health can be affected during periods of crisis or uncertainty, we will acknowledge unique challenges facing international school staff. Additional themes will be integrated based on pre-workshop questionnaires and during built-in discussion segments throughout the workshop. Participants will learn how to activate their resources, expand their mental health toolkit, and leave with a self-care action plan to care for themselves and their families.

By the end of the workshop, participants will:

- Learn and practice cognitive and behavioral strategies for maintaining good mental health.
- Learn the latest research on how our mental health can be affected during periods of crisis or uncertainty.
- Acknowledge unique challenges facing the international school community.
- Learn to identify mental health struggles in others and when and how to report concerns and get help.
- Practice different solutions-focused techniques and mindfulness activities and leave with a self-care action plan for the years ahead.

**DIVERSITY &
BELONGING****Workshop Description****Breaking the Binary:
Providing Culturally
Competent Care for
Youth Who Identify as
LGBTQI+**

For Staff & Parents

Research has shown that young people who identify as LGBTQI+ face higher levels of bullying and discrimination than others, with school being where they are often bullied the most. These young people are at a much higher risk of developing mental health issues than the rest of the population. Research shows that having a supportive network around them (e.g., family and school) decreases the likelihood that the young person will experience mental health issues and leads to a more positive experience with their identity. It is crucial for school staff and parents to understand how best to support and guide young people who identify as LGBTQI+. The presenter will draw on current research to discuss ways to increase safety and decrease harm for LGBTQI+ youth.

During this workshop, participants will:

- Learn what it means to identify as LGBTQI+ and learn key terminology (sex, sexuality, gender, and trans).
- Gain insights into the unique challenges faced by LGBTQ students in international schools
- Identify practical ways to support young people who identify as LGBTQI+.
- Dissect hidden forms of discrimination that queer and trans teens face and the impact.
- Consider culturally sensitive ways to involve parents of LGBTQ students

**The Culturally
Competent Counselor:
Enhancing your Skills To
Better Serve Diverse
Students**

For Staff

International School Counselors recognize the importance of being culturally responsive when working with young people, as this is a fundamental aspect of our work in diverse settings. However, we may sometimes question whether a counselor from a similar background could be more beneficial in certain situations. This workshop offers an opportunity to explore the research on culture matching in counseling relationships, specifically in the context of international school counseling. Real-life case studies of culture matching in international school counseling will be presented, providing practical insights for counselors. Learn from other counselors about how they tackle these challenges and their experiences of working cross-culturally.

By the end of the workshop, students will:

- Learn what the research tells us about cultural matching in counseling relationships - when is it particularly helpful and when is it less relevant.
- Consider how to increase cultural competencies in your counseling practices
- Consider ways to support students from culturally diverse backgrounds

**WORKSHOPS
FOR STUDENTS**

Workshop Description

Ready, Set, Go! Time Management Hacks for School, Home and Life

Primary & Secondary

The ability to effectively manage time is a life skill that directly impacts our quality of life. Disorganization and the inability to keep track of deadlines often contribute to low grades, increased stress, and a sense of hopelessness. Research shows, however, that students experience lasting effects on their organizational skills and academic performance after participating in training programs aimed at teaching time management and organization (Langberg, et al., 2008). Each session includes practical examples and activities that enable students to try out various time management techniques.

By the end of the workshop, students will:

- Identify practical ways to manage complex tasks and projects.
- Develop effective routines, systems, and structures.
- Learn to manage stress and anxiety.
- Learn project management techniques.
- Explore various time management techniques and develop their very own systems for keeping track of work

Understanding the Meaning of Consent - A Confidence Boosting Workshop for Teens

Primary & Secondary

This workshop explores some of the most important things children and teens should know about consent and boundaries. The topics discuss the various types of consent and provide examples for young adults to utilize. Through interactive activities and case studies, participants will get involved and think about how consent can be applied in the real world. The facilitator will also touch on past and current events, such as the #MeToo Movement, to explore how far we have come and have yet to go. This workshop introduces the topic of consent in a sensitive, encouraging, and informative way.

By the end of the workshop, students will:

- Understand the meaning of consent.
- Know why consent matters.
- Practice how to seek and give consent and when to ask for help.

Mindful & Safe Digital Habits: How To Navigate Our Digital World

Primary & Secondary

Using the latest research on how mental health and adolescent development can be affected by digital communication, we will help students gain a foundational understanding of the challenges and opportunities around today's technology. Additional themes will be integrated based on pre-workshop questionnaires.

By the end of the workshop, students will:

- Learn about video gaming addiction and internet gaming disorder.
- Learn how to be critical consumers of the media.
- Be equipped to tackle difficult subjects such as cyberbullying, sexting, and porn.
- Leave with specific strategies and a feeling of confidence in managing technology in their homes and classrooms.

Rainbow Riders Social Skills group: A Confidence-Boosting Workshop for Young Students

Primary (small groups)

Every child is special and has unique super powers. No two kids are alike, and we celebrate that diversity by embracing our unique interests and super powers! Just like the vibrant colors of a rainbow, when we work together, our differences, skills and special interests shine brightly. We celebrate our uniqueness and diversity by working together and exploring our distinct interests and skills.

Our experienced facilitators will guide the participants in developing essential social skills, such as communication, teamwork, and empathy, all while celebrating their individual interests. .

By the end of the workshop, students will:

- Boost self-confidence and self-expression through sharing and discussing special interests.
- Develop empathy and understanding by appreciating the diverse interests and perspectives of their peers.
- Strengthen social connections and build friendships with other young students
- Apply newfound social skills in real-life situations, both in and outside of the classroom, promoting positive interactions and enhanced social well-being.