

# SUPERHERO IN ME

**DEVELOPING COGNITIVE, EMOTIONAL, AND SOCIAL SKILLS TO SUPPORT HEALTHY CLASSROOM CULTURE**

**FOR GRADES 3 TO 5**

This interactive workshop is led by Nicki Straza, facilitator and consultant, supported by Dr. Danielle Law, Associate Professor at Wilfrid Laurier University, and backed by research on social-emotional learning! Nicki will join your class for one 50-minute class period a week for 8 weeks and facilitate experiential learning activities to:

empower student self-efficacy

increase emotion and behavioural regulation

cultivate healthy relationships and social skills

contribute to kinder communities and decrease bullying

Scan the QR code to join the growing list of teachers supporting *Superhero in Me* or visit Nicki's website for more information:



[nickistraza.com](http://nickistraza.com)

