



AFNORTH International School

Inspiring Respect, Resilience and the ability to Think and Act Inclusively
in our international environment

International Student Collaboration Day

Thursday 30th January

Who am I? Who are we?

Clem Studmore

Dance and drama - exploring creative mindfulness
Thursday 30th / Friday 31st January
(Sunbeams -Yr3 Pre-K - Gr2)



Mindfulness workshops will use drama techniques to provide the children with tools to practice resilience and breathing techniques both at school and at home. Mindfulness encourages children to talk about their feelings, and puts in place tools to help manage stress. We believe mindfulness is a powerful life skill, and a key tool to help our students become Superheroes!

As artistic director for One Day Creative Workshops and The Rubbish Shakespeare Company, Clem works with children to build self-confidence; empowering them to believe in themselves through fun dance and drama activities.

we look forward to an entertaining and enriching set of workshops, as Clem works with the children on Thursday 30th and Friday 31st January.