**Biography**

Nicola Harvey is a former senior teacher and pastoral lead, specialising in mental health and SEND. With over 15 years' experience, Nicola has worked with many schools and organisations to embed emotional health and wellbeing strategies into the lives of children and young people. She is also a published author, education writer, and a qualified mindfulness and EFT practitioner. Her published books, *Mindful Little Yogis* and*Self-Care Activity Book for Kids*, explore the importance of integrating inclusive strategies both inside and outside of the classroom.