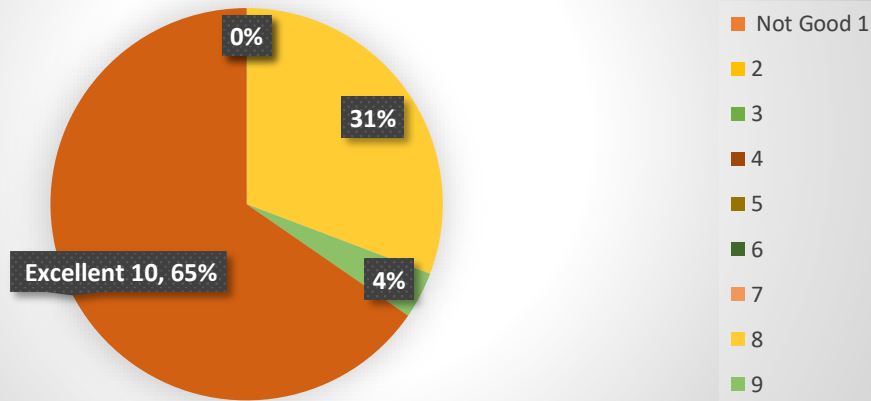




## Year 4T - Summary Of The Childrens Feedback



### The children's evaluation comments upon completion of the workshop:

- I have learnt when you have an emotion, like sad or anger, tell your parents and it will be sorted out
- I have learnt how to control my feelings and how to relax
- I have learnt about emotions and how to use my stress ball
- I have learnt about new feelings, I had a great time
- I have learnt that having different feelings is OK and that if you don't talk about your feelings you will get no help
- I have learnt that you can control your feelings and emotions and learnt how to
- I have learnt about your feelings and how they affect us
- I have learnt about feelings (it was excellent)
- I have learnt about feelings, so if your angry, your colour would be red, happy would be pink or yellow and I had so much fun, thankyou
- I have learnt how emotions and feelings are, how to use my stress ball, you're the best!
- I have learnt how to listen to my body
- I have learnt about all different feelings and we did posters about our feeling
- I have learnt about all of our different feelings
- I have learnt about feelings when we drew a person and spoke about the feeling
- I have learnt how to let it go, express your feelings and to tell the truth so that you can solve the thing
- I have learnt about feelings, relaxing and being calm

**Let's Talk Feelings - Summary Report**  
**Hollin Primary school**  
**Summer term 2023**

- I have learnt about feelings, listening and relaxing
- I have learnt to control my feelings and how more feelings are linked
- I have learnt you can get different emotions everyday and it is fine.  
When you lie down on the floor it keeps you relaxed
- I have learnt that we all get emotions, and it is OK
- I have learnt about all different feelings
- I have learnt about myself
- I have learnt to be calm and kind
- I have learnt that if you have a feeling, you can do three yoga poses to calm you down
- I have learnt about different feelings and what they mean

**The teacher's evaluation comment upon completion of the workshop:**

The workshop was really useful, especially for the children, it emphasised to the children that different feelings are normal. The body mapping was helpful, along with the reflect, express let it go. We will use it all in the classroom as a whole and also in groups.