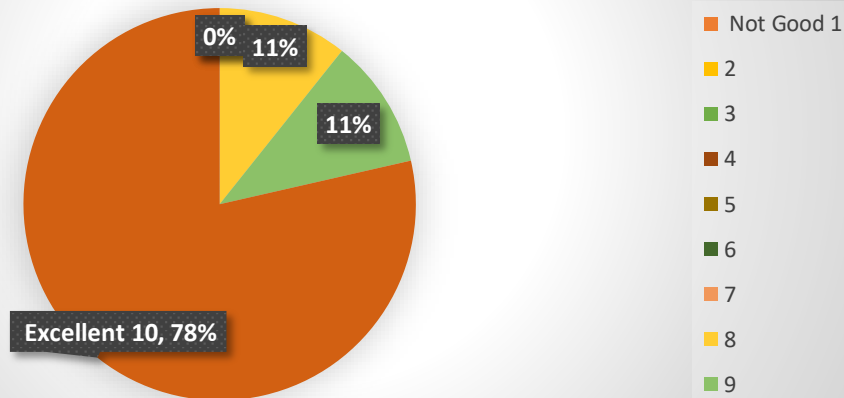


Year 4G - Summary Of The Childrens Feedback



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

- I have learnt a lot of things, but I liked yoga the best
- I have learnt how to stay calm
- I have learnt about emotions and feelings
- I have learnt how to get more relaxed at times
- I have learnt from today's workshop that it is OK to cry in front of people
- I have learnt about sadness and other emotions
- I have learnt about different emotions and feelings, like 'let it go' and how to express yourself. It was excellent
- I have learnt to tell the truth and it's ok to let your emotions out and to be kind and caring to others
- I have learnt more facts about feelings and emotions
- I have learnt to always listen to your body. To help other people when they are down
- I have learnt that everybody has different emotions and feelings
- I have learnt that there are loads of emotions and its ok to let them out- like crying in front of people
- I have learnt different types of emotions and listening to calm, relaxing music and doing yoga helps
- I have learnt that you can control your feelings – reflect, express, let it go
- I have learnt what to do when I don't feel very good
- I have learnt how to calm yourself down
- I have learnt how to control my emotions when I am feeling angry or sad
- I have learnt all about emotions
- I have learnt about different feelings and what to do if your stressed to manage them

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

- I have learnt that feelings are VERY VERY IMPORTANT and when they are strong you have to tell an adult
- Today I have learnt about different feelings and how to control them. We did lots of activities such as making your own person with an emotion
- I have learnt that you can feel so many emotions in the same day
- I have learnt that emotions are OK. When problems are dealt with by a teacher you can let them go
- I have learnt relaxation and had so much fun

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

The children were engaged throughout the workshop and the activities. It was helpful to emphasise that lots of different emotions are completely normal. I will take away breaking down feelings into colours and shapes etc. The main benefits were teaching the children to listen to their bodies and how to manage strong feelings.