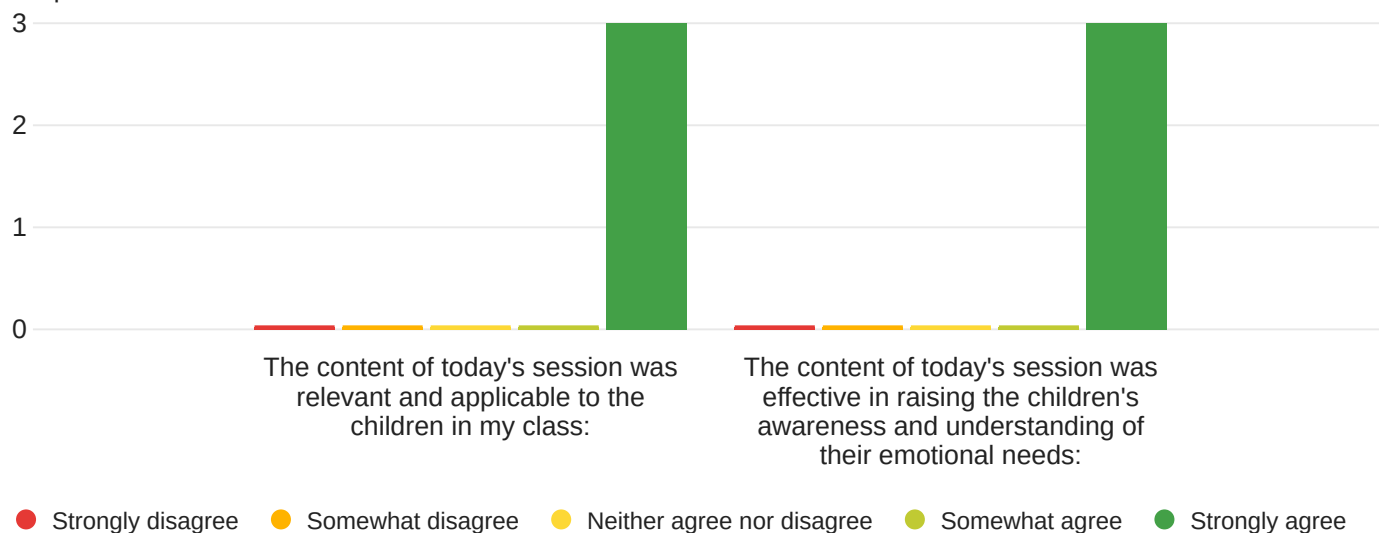




## Teacher Feedback

The content of today's session was relevant and applicable to the children in my class:

3 Responses



## Why do you think this?

3 Responses

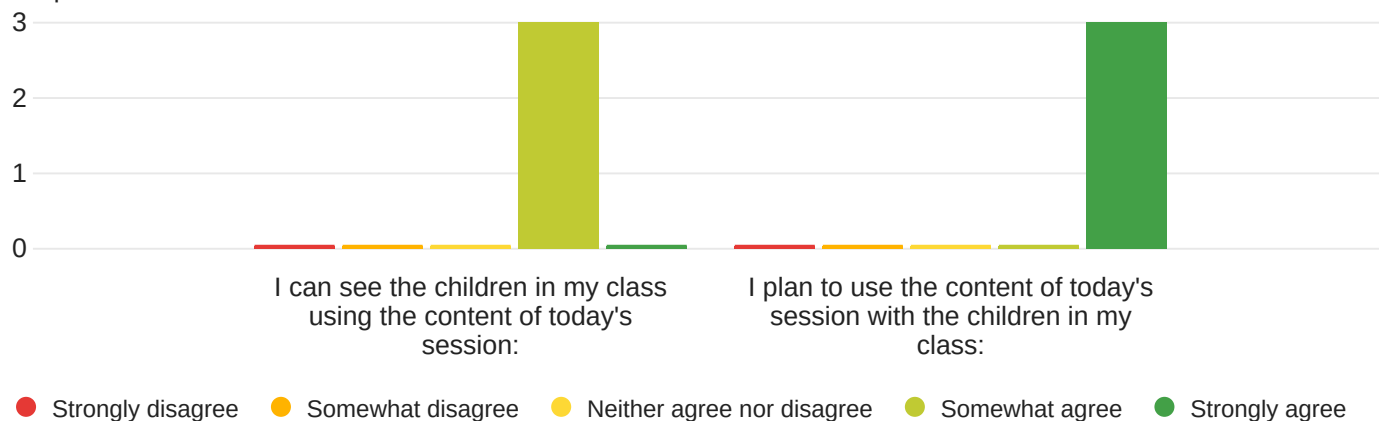
Some children in the class find it hard to manage emotions. My class seem really interested - especially the neuroscience part

There are a number of children who are unable to meet their needs both emotionally and physically. The children were engaged and were able to make connections to their own lives

This will help with emotions in class. So they can understand how to control their feelings

I can see the children in my class using the content of today's session:

3 Responses



How do you plan to do this? Or if not, why is this?

3 Responses

They'll need reminding frequently but I think they'll use it. I'll use the breathing for 'brain breaks' during lessons

Many children will use the breathing strategies and I will reinforce it daily. Some may need more support accessing it due to more significant needs. I plan to use this daily and will make a display of the needs so we can always refer to it

Children will use breathing techniques, but might not think before their actions. When children are angry I will calm them down with breathing techniques

Do you have any comments about the session in general?

3 Responses

Thank you, I think my class gained a lot from it

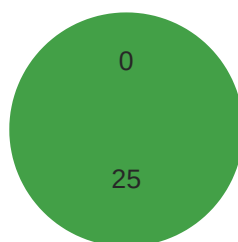
The trainer engaged the class instantly and they enjoyed contributing to the discussions

This was very well presented and the information was very interesting and helpful.

## Children Feedback

I know how to look after my mental health.

25 Responses



● No ● Yes

Write down some ways we can look after our mental health.

25 Responses

Chair push ups and 8 breathing

Breathing

Do deep breaths

If you feel angry or worried take a deep breath

Do calm breaths so they are nice and happy

Eat a lot of vegetables

Breathing, yoga, sports, biking

Eat healthy

Breathing in and out

Take deep breaths and stay healthy

Eat healthily and drink a lot of water

To drink, eat and sleep

We can breathe in and breathe out longer

Healthy food, breathe in and breathe out

Do some breathing

No screen time, no sweets

Breathe healthy

Eat healthily

Breathing in and out

Breathe

Breathing, yoga, exercise and talking to somebody

Breathing or telling funny jokes

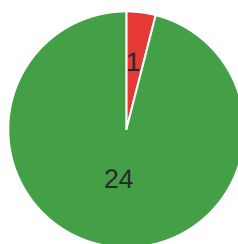
Breathe in and out

Eat healthily, don't eat or drink sugar much.

Breathe in and out to calm you down

I have learnt new skills today.

25 Responses



● No ● Yes

What skills have you learnt?

24 Responses

8 breathing

Dragon breathing

That you can always calm your brain down

To land a backflip on my trampoline

Breathe calmly so you won't be worried or sad

Got good at karate now I'm on my 4 belt

Biking

Climbing

That it's ok to not feel ok

I have learnt to think of good things not bad things

I have learnt to drink more water to stay hydrated

Being brave and confident

Breathe in and out

Dragon breathing, emotional needs

That breathing helps you calm down

How to breathe

Dragon breathing

To calm down faster

Breathing in and out

Now I can breathe in and out

Dragon breathing and to be calm

Breathe in then breathe out for longer

I have learnt breathing in and out

We learnt to breathe in and out

Can you tell us about a time when you needed to feel calm and in control and didn't know what to do?

17 Responses

On a rollercoaster

When I got locked in the car and I didn't know what to do

When my brother starts a fight

I do sometimes feel calm

When I first had my bike I was scared that I would fall off and then I felt calm and rode it

Climbing

When I was very stressed

When I thought too much and needed time alone

I would get really stressed

When I couldn't ride my bike

We were on a holiday and we decided to go on the edge of a hill and I was super scared

When I didn't know how to swim

Going out because we lost our car mat and we couldn't control ourselves we were too worried

Normally I'm in the car alone and my dad goes to the shops and I think what if he's gonna leave me. I know he wouldn't but I thought I saw him run over there

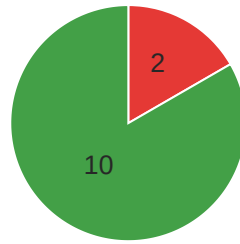
When I was late for school

When my family members are annoying

I was stuck with my maths and didn't know what to do so I told my parent for some help

## Would you do something differently now?

12 Responses



● No ● Yes

## What would you do now?

13 Responses

I would now do some deep breathing to calm myself down

Tell my mum

Dragon breathing

Take a deep breath

Go into my room and grab a fidget toy and play

Dragon breathing

I'll breathe deeply

I will breathe and be brave

Breathe in and out

Dragon breathing

I would calm myself down

Breathe in and out

I would tell the grown-ups to help me