

All About Choice Staff Collated feedback

I appreciate your feedback and have enjoyed sharing this program with your class

Have you enjoyed the All About Choice sessions?

Put a tick where you would rate it out of 10.

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How has the program been useful to your class?

A shared experience where the kids lead the discussion and positives are focused and reinforced each week.

Common language to talk about how to deal with problems ✓

Gives them language around self control and dealing with others

Has helped them understand the concept of calm

Relaxation exercises have had a calming effect on the most boisterous students

Time to think about behaviour and practice different skills in a specific time slot so they don't get lost during the day

A focus on self - self responsibility

A way to get along as a class - responsibility to others

What are the strengths of the program?

Repeats key concepts and words, this helps younger chn. to learn and retain them

Gives children a framework to use. It mixes up fun games with activities.

Movement control, kid friendly language, doable by a majority of children

Fun - chn. love to come and always have +ve comments when we debrief

Jenny's presentation - activities/ balance of talk and games

Allows chn. to have a sense of their inner strength / control

Tai Chi creates calmness at the beginning

A group session where the message comes from another person & the kids themselves.

Tai Chi, language, the Rap, Jenny, strategies they can use

What will you take away from the lessons?

Language some Tai Chi and breathing/calming activities

A calming routine they have all experienced and I can return the kids to

Common language to help in all the situations that arise - in class and across JP and MP

Some processes for working with groups

Games, Tai Chi, terminology

CHOICE acronym - great way to talk with kids. Being calm and relaxed

Chn. have skills to build on - great for class and yard

What follow up material/ support would be most useful to you?

CD (the library has one copy + Peter + Kay + Anne B)

A list of the games

A programmed reminder later in the year to keep CHOICE on the mental agenda

Would like to see this encompassed into a school code of conduct - R-7 focus

Working with us so that we have clear language/ ways of being for students and staff

Any other comments

It is a great program and the kids enjoy doing it each year

I really appreciated seeing the chn. participate in relaxation & Tai Chi they could accept and relate to the terms you use.

The children and I have looked forward to the lessons - thanks Jen

Children become more confident as they practice skills. Wonderful life skills and ways of thinking to support them with daily challenges. Thank you!