

Student Feedback – All About Choice

Student comments recorded after a block of 8 lessons.

Rating out of ten

A few rated it at 6, big group around 8, a couple around 10.

Enjoyable parts were –

Tai Chi	Games
Listening to my breathing	Relaxations
Mr Bean game	Mirror Game
Group Discussions	Snap game
Activities	Standing on the dots game
Being out the front for Tai Chi	Learning to be in control of yourself

Things you have learnt /skills worked on

Calmness	Relaxation
Quiet	Flexibility
Controlling anger	Patience
Body strengthening	CHOICE
Breathing calmly	Stay in control
Walk away	Shutting people out
Working solutions out	Standing strong
How others feel	How to concentrate
Balance	Self control
Getting back to calm	Games
Learnt to focus and to be calm	Make things better not worse

When do you think you might use these ideas?

At home with my brother	When I'm angry
Everyday with my sister	Grounding and breathing in Netball
At school -in the yard	When someone's annoying you
- Inside	When you're getting bullied
When I lose a game	With my step sisters
When I'm fighting with my brother	I will play the games
When my body is tight	When I'm excited

Skills you still need to work on:

Not to fight back	Good choices
Kindness	Keeping calm
Respect	CHOICE
Tai Chi	Confidence
Games	Relaxation
Role plays	Shutting out people
In control at home	Concentrating
Slower movements sometimes	Slower movements sometimes

It seems like the students enjoyed the program and have identified skills they still need to build on. I am always interested to read the variety of ways that students will use the ideas – as they start to translate them into everyday situations they become stronger, like any new skill they will need lots of practice.

Helping students to see just by breathing and getting back to calm they are in a better spot than to make a choice about what to do next.