



Emotional Wellbeing Workshop Evaluation Summary for families Summer 2024

- **39 completed questionnaires**

Pioneers	Learners	Adventurers	Discoverers	Leaders
7	10	11	6	5

In the workshop, I enjoyed...

- Exploring coping mechanisms with my child to help me understand her feelings better and what I can do to help her work through them.
- Doing the feelings toolbox
- Seeing the children understanding about feelings and the feelings they knew. How they expressed what makes them feel better in their tool box.
- Learning ways that may help my child with emotional support
- Listening to the story the Colour Monster
- I've enjoyed talking about feelings and what they are. The activity is nice and calm and lets you think about emotions.
- Creating a feelings first aid kit with my child. Great to talk about what makes us happy and helps us with our feelings.
- Listening to everyone's ideas of what makes them happy and learning to deal with emotions.
- Interacting with the children when choosing the tool kit.
- Working together with the children talking about feelings they experience – good and bad. Knowing that they are normal and how to deal with them.
- Video clips used about the braid and 'flipping your lid'
- Mel talking through ideas to destress.
- How interactive the workshop was – lots of chance for everyone to share their coping strategies for stress. Also thought it was good to see the children open enough to speak out about this subject.
- It was interactive. It is important to help the children with mental health and 'normalise' feeling stressed and how to cope. Everyone has mental health.
- Looking at all of the things that may help when emotions are high.
- Talking to the children about what they do when they are feeling emotional.
- Choosing the first aid kit. Learning about how emotions are discussed in school.
- Listening to the story to help make a feelings first aid kit.
- Listening to children talk about what makes them happy!
- Making our feelings first aid kit and talking to my child about how different people need different things.
- Everything! The talk evolved from the activity.
- The feelings kit.
- Listening to the story and talking about feelings. The children seemed really engaged and getting to explore emotions further through pictures.
- Listening to the different emotions and what my child feels in each emotion and how these can be expressed.
- Hearing the children talk about what makes them happy and sad and how to name these emotions.
- The story was amazing to help children understand. It will help us have more talks with my child about this.
- The interaction between the children showed with Mel and their peers. The book choice was brilliant too!
- The children thinking about what makes them happy and the other emotions and colours that go with them
- Learning about managing stress and helping others with it.
- How worries can make us feel physically too
- Discussing problems and learning how to cope with stressful situations.

Our aim today was to:

- **Increase knowledge and raise awareness of children's emotional wellbeing.**
- **Promote ways to help children cope/manage their emotional wellbeing.**

Did we achieve this?

Yes 100%

No 0%

Any additional comments to share

- We have been struggling coming to school. I will now try and implement the emotions first aid kit to bring on a morning.
- A lovely way to help the children express their feelings.
- Raising awareness is good
- Really lovely morning. Great to hear the children talking so openly about their feelings. Thank you for some excellent tips too!
- Mel is lovely and responds well to the children. Great to see children were all happy and enjoyed the session.
- Fabulous workshop for both parents and children.
- The pictures are a good way of helping the children understand the concept.
- Thank you for an excellent session, Mel! Understanding that feeling stressed is normal and wonderful ideas shared about ways to destress.
- Good to show people that there isn't a right or wrong way to deal with stress – everyone deals with it differently.
- I would like some more interactive days with parents and children. My worry is social media and children's mental health.
- Mel was very nice and approached the children well. It was a fun, easy task that everyone could do and it definitely got people thinking and talking. Relaxed atmosphere.
- A great time spent talking about feelings and ways to manage them.
- We are so fortunate to have Mel! The children feel so relaxed with you. Love your ideas!
- More classes like this would be good.
- Helping children to understand their feelings and express them is great, as it leads to better mental health as adults.
- Thank you for including families in this work.
- Will be using the colours at home to help my child talk about how they are feeling.
- It's good to come together to share how we feel and what affects us. There is comfort in knowing we aren't alone and others feel the same.
- It was good to hear the children voicing their own ideas.
- I think it would be great to have more sessions like this.
- Really helped to talk about it