



## Hillhouse Primary School, Waltham Abbey, Essex

### A selection of feedback from Year 6 Pupils, December 2007

"I have found [Stress-Free-Kids] useful because it has helped me at home and be more respectful to teacher"

"We had tips on how to keep moving onward"

"I enjoyed playing games in the first session, and volunteering to try and play lots of roles [in life] all at the same time!"

"I have enjoyed learning how to control my anger and playing ALL the games. I have found useful the breathing session"

"I have learnt that you listen to yourself over and over again and make sure it is the right decision so you do not have to do it again"

"I enjoyed the story [Oh The Places You'll Go by Dr Seuss] because it helped me by boosting my confidence and helped me to think carefully about the right paths to take in life"

"The snakes and ladders was fun"

"Learning what I am responsible for"

"I found the relaxation really useful because it's really easy to calm down"

"It gave me things to think about"

"I've learnt that you should control your anger"

"The lessons have inspired me"

### A selection of feedback from Year 5 Pupils, December 2007

"I enjoyed talking about what jobs we want to do, it made me think hard about my future"

"Chinese Whispers because it helped my listening [skills]"

"I have learnt to use respect, responsibility and how to listen well"

"It's fun, it's good, it's helpful. You'll love it!"

"I have learnt that if you want something all you have to do is try"

"I have enjoyed all of it and thank you Mr Rockell. I think I have learnt to listen and behave. Thank you for helping me"

"I've learnt how to live a good life and get a good job"

## STRESS FREE

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