

## nurturing potential



### Reflections on Stress-Free-Kids™ sessions so far...

In the full term timetable you will see that 'recap' sessions have been included every 6-8 weeks. These should coincide with end of term or half term (last session), or the first session of a new term or half term.

It is important to review what has been covered to assist with recalling the information that has been discussed during Stress-Free-Kids™ sessions and for participants to share what they have found useful (you may wish to capture some testimonials). Here are some suggestions for the recap sessions;

#### Discussion

Workgroups discuss and present what has been covered to date, and how it has been successfully used, and the difference made, presenting their thoughts back to the rest of the class.

Provide each group with a sheet of flipchart paper and markers.

#### Illustrations

Working individually, participants draw/design a graphic of what Stress-Free-Kids™ has meant to them so far and how they have benefited.

Provide each individual with a piece of card and each table/group with some coloured/felt-tip pens (dependent upon age).

#### Design a Game

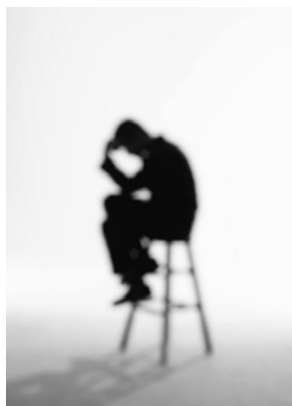
In small work groups (5-6 per group) participants design a game that summarises Stress-Free-Kids™ to date, what they have learnt and found useful.

Provide each group with a piece of flip-chart paper and markers.

#### Educational Campaign – Encouraging Positive Behaviour in the Playground

This session may also act as a reflective activity towards the end of their time with Stress-Free-Kids™, as participants will need to use what has already been covered.

Use blank worksheets for participants to take notes during the feedback in these sessions.




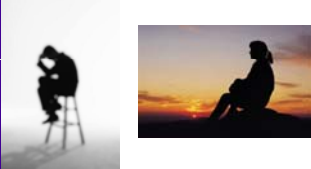
**REFLECTIONS**



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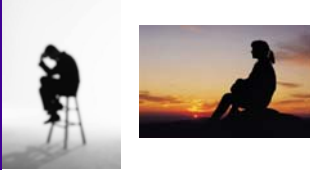
**REFLECTIONS**

**Discussion**  
In your workgroups discuss and present what has been covered to date as part of Stress-Free-Kids™. Provide examples of how it has been successfully used, and the differences made. You will need to present your thoughts back to the rest of the group.



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**REFLECTIONS**



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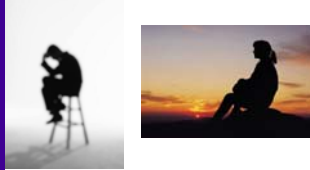
**REFLECTIONS**

**Illustrations**  
Working individually design a graphic of what Stress Free has meant to you so far, and how you have benefited from it.



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**REFLECTIONS**



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**REFLECTIONS**

**Design a Game**  
In small work groups design a game that summarises what you have learnt from Stress Free to date.



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