



Yr6 Waltham Holy Cross Junior School, 2007 to 2008

The following feedback was received after working with the pupils for a full year

"I am now stress free. I **enjoy going to school** and my overall life more. Other young people should have access to it so everyone can **enjoy their life** to the full extent."

"Stress-Free-Kids has helped me to **calm down...**"

"It helped me get through my SATs"

"Stress-Free-Kids **has done its job** and made me stress free. When I get stressed I **remember** a Stress-Free-Kids lesson and use what I've **learnt**."

"I like Stress-Free-Kids because it helps me a lot with my actions and what I say to other people...**it makes my life better**."

"Stress-Free-Kids has helped me loads with **feelings and thoughts, words and actions**."

"It has helped me **learn** how to deal with money, it has been **really useful**."

"It has helped by giving me advice for the **future**."

"Stress-Free-Kids has helped me **control my temper...**"

"I now have **determination** and am **looking forward** in life..."

"I have realised that Stress-Free-Kids is for young people who need to **develop as a good person** to help them in the future."

"Stress-Free-Kids has helped me **express my feelings and opinions**. Other young people should have access to Stress-Free-Kids because it is really **useful** and **fun**."

"I have a better view of what I want to be when I'm older and **understand** what others think or feel through **body language**."

"Stress-Free-Kids has made me **realise how important school is...**and has made me more **confident of just being me**."

"Stress-Free-Kids is **fun** and I think it's better than a boring normal lesson. I especially like it when we have **class discussions**. Stress-Free-Kids has helped me to stay **calm and stress free**."

"They helped me **be more open...**the **thoughts words and actions** helped me not get into trouble."

"The breathing exercises...**hepled me with major events**, like SATs."

"I like SFK because it has showed me the best way to live my life without being stressed, and **I feel happy...**"

STRESS FREE

t : 0870 803 2426

e : hello@bestressfree.co.uk

www.bestressfree.co.uk

PO BOX 2459 LUTON BEDFORDSHIRE LU4 0WD

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"When I'm stressed, annoyed and angry I use my information to **calm me down**."

"It has helped me **plan my life** out and not get stressed with my SATs. My favourite session was the 'next ten years', it helped me to know what I need for the job and let me make decisions about what I should do if something goes wrong."

"Stress-Free-Kids has helped me **think more positive** about myself and my future. **I have aimed higher, set myself goals**. Stress-Free-Kids helps you **express yourself**. We have a **laugh** and **feel good**, [it] really has helped me."

"It has helped me by thinking of what I am saying and because I can handle a lot of situations. **I am a stress-free-kid**."

"It has helped me a lot because now I know what problems I might have in the future but it's taught me how to avoid them."

"Stress-Free-Kids has helped me a lot because before whenever I got angry and annoyed I just stomped around in an angry manor, but now I can **handle any situation** using my **thoughts, words and actions**."

"Stress-Free-Kids has helped me look for people to help me in the **future...**, and to **calm down** when dealing with family **problems**."

"...[it] should be allowed to up-coming youngsters because..in my class it has **helped** lots of people."

"I have enjoyed every session, I recommend Stress-Free-Kids to everyone."

"Stress-Free-Kids has helped me to **develop as a person**."

"...I like the snakes & ladders session that shows us that **life has ups and downs**."

"The sessions have been great..."

"It has taught me to **trust** other people..."

"It helped me **grow** a lot more and **work hard**...you have to have **respect** for your friends."

"It has helped me by letting me say my thoughts out loud and for me to live my life the way I want to live it, and for me to have respect for other people. I hope to see more Stress-Free-Kids in [my secondary school]."

"I didn't understand so much about certain things, and now I feel a lot more confident. It helped me overcome the fear of exams."

"I really enjoyed having Mr Rockell teach me and my friends. I understood everything he told me and enjoyed everything we did. Our lessons were fun, and amusing. I

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enjoyed having him and hope more children get the experience to spend time with Mr Rockell."

"If I was a bit older I would work for Stress-Free-Kids. It has helped me a lot in life, because of Stress-Free-Kids I think I've done well in my SATs."

"For my work experience I want to work for Stress-Free-Kids."

"The teachers are brilliant they are so nice and helpful..."

"Adults aren't the only ones who are stressed, so this has helped us kids."

"I would like to see Stress-Free-Kids in Secondary School."

"Stress-Free-Kids has helped me build up my **confidence** and made me wonder it's a big world **full of opportunities** and there's a big chance for you to get far in life."

"[It] has helped my **confidence** grow stronger."

The following feedback was received within the first 6 weeks of the programme:

"I find the relaxation technique useful."

"I've enjoyed the group work, it has got me thinking about my actions and words. I am better behaved than in Yr 5."

"I've found Stress-Free-Kids™ exciting and hope we do more things"

The things I have learnt from and enjoyed about Stress-Free-Kids™ are: "seeing how we really act and it's really funny because we know it's silly."

"The breathing exercises that we do are really good. People find it very useful, including me."

"When I had a swimming gala I used the breathing exercises and it helped a lot."

"It has been fun and it makes me think."

"I have learnt to be more patient and talk less."

"I take more responsibility and I am a lot more patient. I'm less stressed."

"I have felt more relaxed, calm, patient, and want to do more group work."

Student Feedback – Yr6 Waltham Holy Cross Junior School, July 2007

"It really helped me understand my life"



"I have learnt so much about myself and others. I feel more confident and have enjoyed myself a lot."

"I have learnt responsibility [and] about respect to each other, and I enjoyed very much"

"The breathing part was quite fun and it helped me a lot."

"I have learnt that you should not just blurt things out and so you think before you speak."

"I enjoyed when we work in groups and brainstorm things. I learnt that responsibility means being responsible for your actions and words."

"I have learnt about respect and roles, responsibility and relationships. It has been fun!"

"It has made me more confident and taught me how to be calm."

"When we talked about role models, respect and things it made me understand more"

"You should always feel good about yourself...and think of others"

"I've learnt that the things I do wrong are my fault not anyone else's"

"Mr Rockell has helped me pass my SATS and not worry about them as much"

"It has made me more confident and it helped me in football matches as I used to get nervous"

"Before I do swimming races I use the breathing to make me more relaxed."

"[Mr Rockell] is a great life coach, he answers all your questions and I have learned to relax."

"I've enjoyed all of the things we have done."

"[I learnt] to solve problems when I'm stressed or annoyed, getting along with others. We do meditation to chill out."

Staff Feedback – Waltham Holy Cross Junior School, July 2007

"Pupils really like the folders and hand-outs, the style and layout make them feel 'very grown up'."

"Much of the PSHE and ECM agendas have been covered."

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nurturing potential



"...excellent professional conduct at all times, developing very good relationships with both staff and pupils alike."

"...very good...pupil management techniques and staff feel confident in [Dale's] abilities to both predict and control unacceptable behaviours."

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