



**Downside Junior School, Luton, Bedfordshire**

**"A great programme"**

**"Giving children tools and skills that they can carry with them for life!"**

**"Positive and life enhancing for everyone"**

Mrs D Brookes, Teacher Year 5, November 2007

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

"I have enjoyed discussing about our life"

"I have learned that when you've got a problem you can just breathe in and out"

"I have learnt to make the most of my life, and make the right choices. Mr Rockell has helped stop me from getting into trouble"

"I makes me think about what I want to do for the rest of my life. When we pick the [mood] cards...it says something that calms you down."

"Mr Rockell helped us to calm down and [understand] how your future is important"

"...Mr Rockell has taught us in a fun way...we played snakes and ladders and I learned about the ups and downs in life. What I have found useful is the breathing technique, I tried it in a test and it really works!"

"...helped us to think about our lives and calm down."

"I have learnt about manners and responsibilities. I have learnt that what I do does matter..."

"I have enjoyed all the sessions in Stress-Free-Kids but I am sad that [it] is not coming back"

"I found out how to be responsible"

"It is useful for all the kids around the world. I am sad it is all over."

"Stress-Free-Kids was the best"

"I really enjoyed Stress-Free-Kids sessions it helps you to choose right things. I wish I had more sessions."

"I enjoyed..finding out that we have three brains" (Referring to a discussion about using our head, heart and gut reactions to make decisions)

"I have had some outstandingly important sessions"

"...Stress-Free-Kids has helped me. I will feel comfortable in my life."

"I will look at my book if I'm stuck"

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