Four weeks, one class

A pilot of the Box of feels training kit, running with a small number of schools in 2027: four short sessions that teach one habit for big feelings, with a check before and after so the school can see what changed.



Run by your teacher
with Dave Bolt, Community Chaplain, alongside for the first and last session.

Who it's for

One class of children aged 6 to 12, with their own teacher. It suits a whole class or a smaller group. Every feeling is allowed, nobody has to share, and pass is always fine.

It is a practice tool for everyday feelings. It is not therapy, it makes no diagnoses, and it doesn't replace your wellbeing staff, school psychologist or any child's existing support.

The four sessions

Each one is 20 to 30 minutes and follows the teacher's manual: a warm-up, a short teach, a workbook page, a few minutes in the app together, and a calm wrap-up.

1 Notice

Feelings show up in the body first. Spot the clues and the size: small, big or really big.

2 Name

Seven feeling families. Put a word to it. Two words is plenty.

3 Need

What would help right now, and what did I need underneath?

4 Next

One small step: work on it now, keep it safe for later, or let it go.

Week by week

Before week 0	A 20-minute chat with the principal. Choose the class. The parent and carer letter goes home with its opt-out slip, at least a week before week 1.
Week 0	Dave and the teacher meet for 30 minutes to walk through the manual and set up one school device. The **before check**: children answer five picture questions (about 10 minutes, read aloud), and the teacher fills in their half.
Week 1	Session 1, Notice. Dave in the room alongside the teacher.
Week 2	Session 2, Name. Teacher leads.
Week 3	Session 3, Need. Teacher leads.
Week 4	Session 4, Next. Dave in the room. The note home goes out.
Week 5	The **after check**, the same questions. A 20-minute debrief with the teacher.
Two weeks later	The one-page results summary goes to the principal.

A practice tool, not therapy, and not for a crisis. If a child is unsafe, follow your child protection procedure and get help now: Kids Helpline 1800 55 1800 (free, any time), or 000 in an emergency.

WHO DOES WHAT

THE SCHOOL

- Chooses one class and one teacher to lead the sessions.
- Prints the workbook (five pages per child) and the checks.
- Sends the parent and carer letter and collects opt-out slips.
- Provides one school device for the app, set up fresh for the class.
- Keeps the paper checks; shares only class totals with Dave.
- Runs its own child protection procedure, as always.

DAVE

- Brings the manual, workbook, letters and checks, ready to print.
- Walks the teacher through it and sets up the device with them.
- Joins sessions 1 and 4 alongside the teacher. Never alone with a child.
- Is on call for questions during the four weeks.
- Writes up the one-page results summary.
- Asks for honest feedback to keep improving the program.

CHILDREN'S PRIVACY

- **Children need no account.** They don't sign up, and no child's name or email goes into the app. The teacher opens the app once with their own first name and email.
- **The app keeps entries on the device.** Boxes children make stay on the class device. They aren't backed up or sent anywhere unless someone chooses to, and for the pilot nobody does.
- **Nothing goes to the school or to Dave.** Dave can't see anything a child puts in the app. The checks have no names on them, the teacher keeps the paper, and only class totals come to Dave.
- **One shared device.** Children may see the class's boxes, so boxes made in class are practice: a pretend feeling or yesterday's is fine. Use kid mode (More, My data, Kids and teens) and keep its optional extras off. At the end, clear the app from the device: in the browser's settings, clear the website data for box.tenxed.community.

Safeguarding

Talking about feelings can open a door. Your school's own child protection procedure applies to everything in this pilot. If a child tells the teacher or Dave something serious, they listen calmly, make no promise of secrecy, write it down in the child's words, and tell the school's child protection contact the same day. Dave follows the school's procedure and reports through it. If a child is in danger right now, call 000. Kids Helpline is free and open any time: 1800 55 1800. The manual's first page has a short guide for the teacher.

WHAT THE SCHOOL GETS AT THE END

A one-page results summary: how many children took part, how many sessions ran, the before and after average for every question, three things children said (no names), and what we'd change. The school keeps the manual and workbook to carry on with, and the app stays free.

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