WHAT CHANGED

School and class	Children in the class	Children who took part	Sessions run (of 4)

BEFORE AND AFTER

Children: Not yet = 1, A bit = 2, Yes = 3. Average = the total of the circled scores divided by the number of children who answered. Teacher: 1 to 5, as circled.

Question	Before	After	Change
Children (average out of 3)			
1. I can tell when a big feeling starts.			
2. I have words for my feelings.			
3. I know what helps me.			
4. I know a grown-up I can tell.			
5. I can calm myself down.			
Teacher (out of 5)			
1. Children in this class can tell when a big feeling is starting.			
2. Children use words for feelings beyond happy, sad and angry.			
3. Children can say or show what would help them.			
4. Children know which grown-ups they can go to.			
5. Children settle after a big feeling with less help from me.			

THREE THINGS CHILDREN SAID

Their words, no names.

WHAT WE'D CHANGE

From the teacher's debrief and the open questions.

Read it gently. One class over four weeks is a small sample, so treat the numbers as a picture, not proof. No child can be identified from this page. Prepared by Dave Bolt, Community Chaplain, for the school, from the class totals the school shared.

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.