



## WELLBEING WORKSHOPS TO HELP CHILDREN UNDERSTAND PHYSICAL AND EMOTIONAL HEALTH AND HOW THEY ENHANCE THEIR OWN WELLNESS



Below are some of drawings and comments from children (aged 7-11) evaluation forms.

"I've learnt a lot and it has changed me as a person." Boy, 9

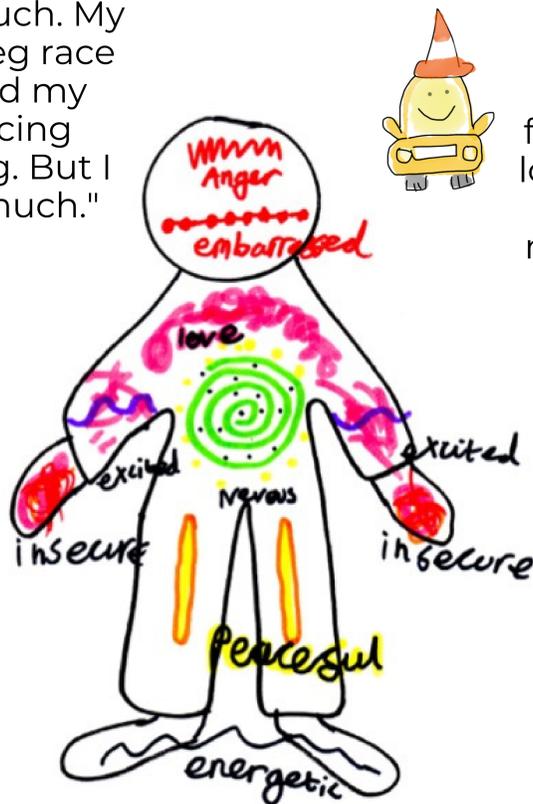


"I've have learnt that I could control my emotions. WHISKids helped me see that. My fave part was the activity and my least fave was nothing - everything was good. I am really sad this is the last session. Bye WHISKids." Boy, 9

"I felt not so good before but now I'm happy" Session 3 Boy.10



"I learnt that I can befriend different people. I am very grateful for you coming here. I enjoyed it so much. My least favourite thing was the leg race because it hurt my ankle. And my favourite thing was the dancing routine because I love dancing. But I loved it so much. Thanks so much." Girl, 10



"Thank you so much what you have done. I feel more relaxed. I love loved your activities and the relaxation. I didn't not like anything about your lessons - thank you" - Girl, 10



"I really liked it. Favourite thing: everything. My abilities, tools, signs, emotions, my body! Less favourite thing: Nothing." Girl, 10

"I really loved it. My favourite thing was the exercise. My health feels better already. Loved it so much!!!" Girl, 10



I have learned that relaxation can be good just to relax or chilled and teamwork is fun too. I enjoyed doing the games and the road". Girl, 8



I feel a lot more relaxed and less sensitive about my situations. i really liked doing the hoops but I didn't like the dancing much" Boy 9



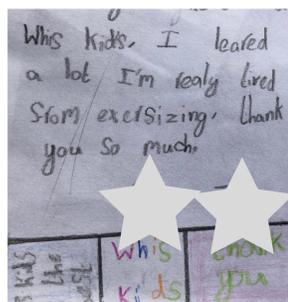
"I have learnt that I have so many different emotions. The only problem is when we lie down. I love the activities. Can you do less of talk and move more ok?. Thank you bye." Girl, 9

"I have enjoyed WHIS kids. It has made me more aware of people." Boy, 9



"I have learnt so many new things to do with my health. All the lessons were perfect and I wouldn't change a thing" Girl 11

"To be more aware of people around me. Work together. I have enjoyed everything." Girl, 8



"Don't always think you are the best at everything. Can control my anger". Girl 8

