



# STUDENTS' VOICE

## COVID RESPONSE FOR SCHOOLS

Since the start of lockdown Transform has been offering online wellbeing workshops and offering support in schools. See what the students and their parents have to say.

How to have more control over my feelings -  
Primary Pupil

I have learnt that it is okay not to be okay and it is okay to talk about my feelings - Primary Pupil

Learning how to calm down -  
Secondary Pupil

Helping me to understand my feelings. I am getting better at knowing how I feel, so I can tell others and not get into trouble -  
Secondary Pupil

Making worry warriors and talking about who I can talk to when I am worried -  
Primary Pupil

Finding out lots of different ways to deal with sadness and mental wellbeing - Secondary Pupil

Finding better ways to handle situations, so it doesn't end in an argument- Secondary Pupil

Doing the grounding activity at the end helped me feel calm & relaxed - Secondary Pupil

Both my son and I attended, I felt that it was really well designed and offered me the head space to be creative and acknowledge my current emotions - Parent

To book contact Transform