

# Youth Wellbeing Impact Report

## Term Four 2024

**in term Four 2024, Liz and Ashlea delivered Equip - our 6 week Emotional resilience, coping skills, & stress management course to 35 learners in 6 schools in the Orewa Kahui Ako (OKA).**

Between week 3 and week 8 of Term Four, 'Equip' was delivered in Dairy Flat School, Orewa College, and Ahutoetoe School on a Tuesday, and Silverdale Primary, Orewa Primary and Wainui Primary on a Thursday. Each group had between 5-8 students who had been selected by the teachers and SENCO/DP/Wellbeing staff.



Equip learners creating their own personal Calming boxes

# Youth Educator Feedback

## Highlights:

- My highlight was when learners on the programme get to read and keep a personalised letter from their adult caregiver (usually from parents, but sometimes a grandparent or their teacher). Where we've asked them in advance to write down 10 things they like or love about their child. The learners reactions are so priceless and rewarding to witness, especially if they choose to share with the group something that stood out from their letter. What an empowering tool it is to help learners recognise their strengths and incredible value!
- My highlight would have to be running Equip for the first time and seeing so many kids have that 'ah ha' moment, when they suddenly realise they actually already have some really great coping skills.

## Student Stories:

- One student said after reading his letter: "I never knew that before". Life can get so busy sometimes that we forget to slow down and take time to share all the good things we feel towards one another. These letters also create an important space for their adults to stop and reflect on all the positive things about their child, which in turn naturally reminds them of the greatest gift of all - love ❤️ May it continue to powerfully change people's lives for the better!! 🙏
- We had one student who enjoyed the program so much they wanted us to come back and "teach" them full time next term.



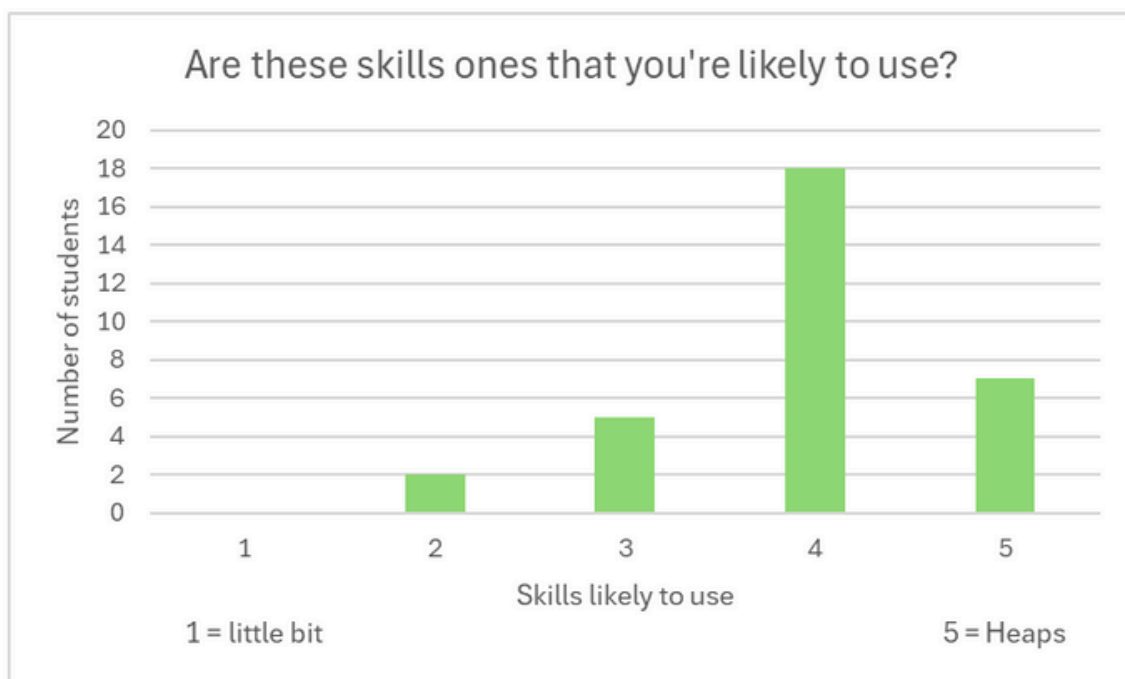
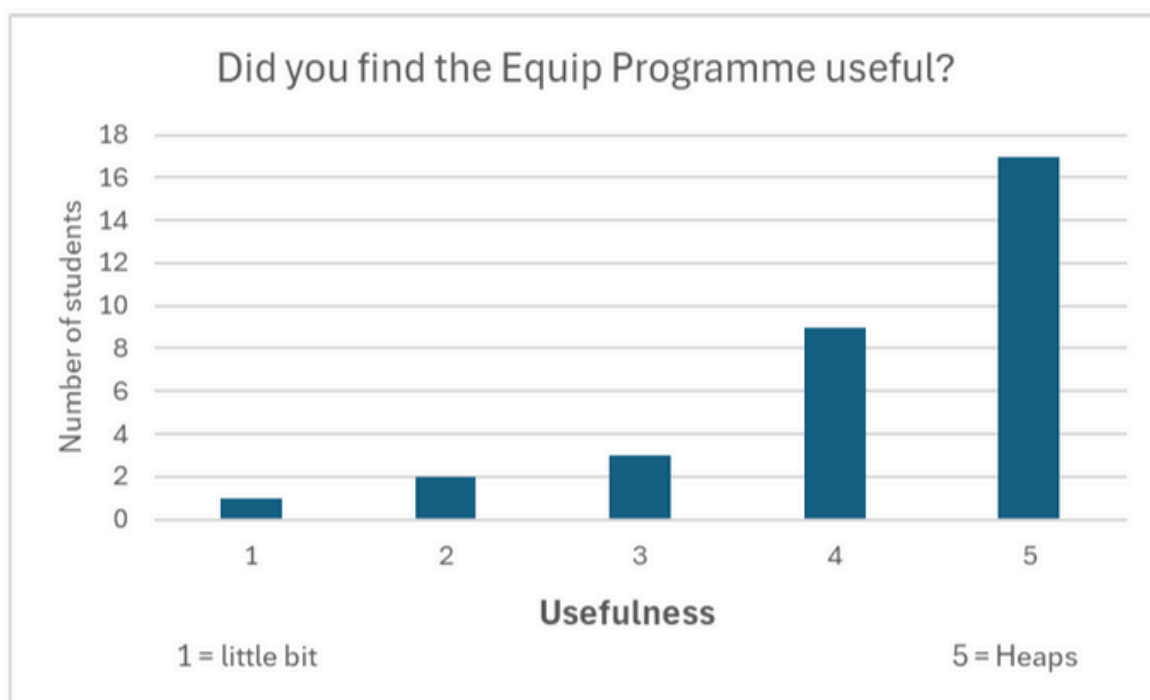
# Learner Feedback

## What was your favourite part of the programme?

- The Calming box
- The final session
- Getting the box
- Soothing the senses
- Making the Calming box
- Sensory putty
- The fun
- The learning
- Having fun with other Salt participants
- The candy
- Probably the 5 senses and CHARGE skills
- All of it, when I wake up on a Thursday I'm always excited to go to salt
- How they teach us to deal with stress
- CHARGE skills
- Everything
- Having fun
- M&M game
- Eating
- Session 4, all of the satisfying things eg stress ball etc
- Being able to freely express my emotions without judgement and having active feedback and engagement
- The help you give us
- Food
- What causes stress
- When we got lollies
- Everything, it was really helpful
- Stress ball and feeling different types of things



# Learner Feedback





# Learner Feedback

## What was the most important thing that you think you learned in your group?

- What are some of the things you've learnt and will use?
- The 5 senses
- CHARGE and STRENGTH Skills
- Cheerleading skills
- 5 Friends
- Problem solving skills
- Touch, feel & sight
- Fidget ball and breathing
- Being able to harness my reactions will help me in the future
- Mindfulness, how to bring my mind back to the present
- I found the 5 friends very helpful and I will continue to use everything I've learnt
- The box
- Calming strategies

## What things could be changed to make EQUIP better?

- Nothing
- I think everything is covered but I think (I have no idea I really enjoyed this)
- I don't know
- I don't know because it's perfect
- Breathing added
- More comfortable chairs
- Um.... No this is amazing
- Maybe try going outdoors
- It's perfect
- They need more candy
- Outside activities
- More often



# Learner Feedback

**Do you have any other comments you would like to make?**

- No
- I think the Equip group is very good
- Not that I can think of
- No but I love the lessons so make the lessons longer
- You guys are awesome enjoy the rest of your year
- You guys are the best
- It was awesome
- It was really fun and it helped a lot
- You people are the best
- It couldn't be better, love it
- I infinity percent love it
- Thanks

**Be the reason someone  
feels welcome, seen,  
heard, valued, loved, and  
supported.**



# Our Programmes

## Change Up

**TERM:** One & Two

**TOPIC:** Anger Management

**DURATION:** 6 weeks

**SESSION LENGTH:** 45-60mins

**YEAR LEVEL:** Year 2-6

**AGE RANGE:** 6-11 years

**GROUP SIZE:** 4-6 participants  
(age range no more than 2 years)

- Learners who have difficulty managing their emotions, and have ineffective coping strategies.
- A learner's presentation may include: anger outbursts, harmful behaviours ranging from poor choices up to self harm, frustration, difficulties in the parent/child relationship.
- Preferably the children attending the group will have at least one adult (parent/caregiver) supporting their learning through the homework.
- Preferably children will have a school staff member who is aware of their skills development and also available to support homework.
- No active abuse occurring at home and a stable home environment if possible.

## Seasons for Growth

**TERM:** Three

**TOPIC:** Change, loss and grief

**DURATION:** 8 weeks

**SESSION LENGTH:** 60mins

**YEAR LEVEL:** Level 1 - Year 2-4

Level 2 - Year 5-6

Level 3 - Year 7-8

**AGE RANGE:** Level 1 - 6-8 years

Level 2 - 9-10 years

Level 3 - 11-12 years

**GROUP SIZE:** 4-8 participants

- Learners who have experienced any form of change/trauma/loss. Whether it's through death, separation, divorce, or any other significant loss events - such as having moved town/school/country etc.
- PLEASE NOTE: For a child that's experienced massive trauma, there should be a minimum of 6 months since the event occurred, before they attend this programme.

# Our Programmes

## Equip

**TERM:** Four

**TOPIC:** Emotional regulation, coping skills, stress management

**DURATION:** 6 weeks

**SESSION LENGTH:** 60mins

**YEAR LEVEL:** Year 6-8 (possibly 9)

**AGE RANGE:** 10-13 years

**GROUP SIZE:** 4-10 participants

- Learners who have difficulty managing their emotions, and have ineffective coping strategies.
- A learner's presentation may include: low mood/withdrawn, anxious behaviours, self-harming behaviours, anger outbursts, difficulties in the parent/child relationship.
- Preferably the children attending the group will have at least one adult (parent/caregiver) supporting their learning through the homework.
- Preferably children will have a school staff member who is aware of their skills development and also available to support homework. No active abuse occurring at home and a stable home environment if possible.
- Reasonable intellectual ability to grasp concepts and complete written tasks is required.

## Storm Birds

**TERM:** Two (if needed)

**TOPIC:** Adverse weather

**DURATION:** 4 weeks

**SESSION LENGTH:** 60mins

**YEAR LEVEL:** Year 1-6

**AGE RANGE:** 5-10

**GROUP SIZE:** 4-7 participants

- Learners affected by experiences of change, loss and grief resulting from natural disasters (adverse weather events)
- Provides an opportunity for participants to learn the knowledge, skills and attitudes required to understand and respond well to such experiences.