



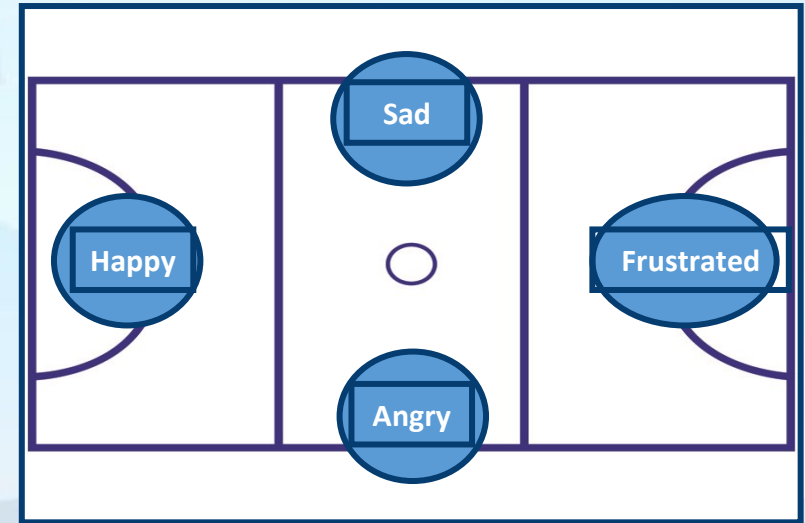
# Reviewing

## The Task

To conduct a review to discuss feelings about activities undertaken and emotions during the lockdown period (this activity can also be used to review other events or activities).

## How?

- Mark out 4 areas or use 4 walls.
- Each area is an emotion e.g. Happy, Sad, Frustrated, Angry (these can be changed according to the questions).
- Start with everyone in the centre of the area.
- Ask a question, such as “How has participating in the outdoor challenges made you feel?” or “When someone mention’s corona virus how do you feel?”.
- Pupils then move to the area with the appropriate emotion for their answer. You can add variety by choose different ways of moving to areas. E.g. running, skipping, slow walking, Lego person walking.
- Pupils can then discuss with each other in their area why they feel this way.
- Key points can then be shared with the rest of the class.



## Considerations

- Ensure questions are age appropriate.
- Be aware of participants emotions.

## What will you need?

- Cones / chalk
- Laminated paper
- White board pens
- A list of Questions





# Reviewing

## Organisation & Layout

- Set out 4 areas with appropriate emotions. Use laminated paper to write emotions on to identify areas.
- Questions can be set at the maturity of the audience.
- This will allow a more appropriate discussion and outcomes.

## Learning Objectives

- Boost low self esteem.
- Boost confidence.
- Encourage talking openly.
- Encourage debate.
- Encourage confidence in public speaking.
- Importance of being open about feelings.

## Safety Information

- It is important for facilitator to set the correct tone for each question.
- Be aware that someone may get emotional during this exercise, so think about how that would be appropriately managed.

## Review & Assessment

- Finish off with a roundup of what has been discussed.
- Inform pupils who they can seek help from if they are worried about things.

## Additional Links & Support

[Blairvadach Reviewing—YouTube](#)  
[Talking to children—Mentalhealth.org.uk](#)

