

'The Art of Being Brilliant'

Caerphilly Heads' and Deputies' Conference, 18 & 19 June 2014

Evaluation

'Hands On' Promoting the use of nurturing touch to enhance wellbeing

Evaluation of two positive touch workshops

Touchline Training provided two workshops for the delegates to the conference. Anne Crease and Paul Crease are former teachers and now therapists and trainers.

The company is a not for profit company dedicated to helping people of all ages improve their wellbeing.

Aim of the workshops

For Heads and Deputies to experience of a range of practical activities using positive touch and gain an understanding of the way in which this can enhance children's wellbeing.

Objectives

- To understand how positive touch activities can benefit many aspects of children's wellbeing
- To be able to identify opportunities for encouraging positive touch in activities in and out of the classroom
- To be aware of the instructor's training programmes; Massage in Schools Programme, for children 4-12 years, IMPACT Kind Hands for children 2-4 years and parents. For courses see www.touchlinetraining.co.uk

Background

All children can benefit from the use of positive touch. Research shows that it is used:

- To calm children and improve concentration
- To develop social skills
- To help children discuss their feelings
- As a tool for learning

Respect

Activities using positive touch should be undertaken with RESPECT. Ask permission; say 'please' and 'thank you'. Consider other people's feelings. All children have the right to say 'no' to touch and they can still be included in the activity.

The practical activities:

Staff took part in a range of positive touch activities which included:

- Introductory activity (to identify parts of the hand and touch sensitivity)
- Nursery rhymes
- Weather story
- Coming in from playtime

Group activity – What might be the benefits to the children in your school from increased use of positive touch? See 'Responses' below.

Communication, developing their respect for other people, calming children, reinforcing what 'gentle hands' means, help children develop co-operation and social skills, respect for each other, learning appropriate touch, raise self esteem, promotes kindness to one another, empathise with others, relaxation, helps children recall nursery rhymes, thus developing literacy skills, helps children to refocus after lunch, turn taking, being valued, de-escalation of an incident

Workshop Evaluation (completed at the end of the sessions) Key **1 = low, 5 = high**

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|---|---|---|---|---|---|
| 1. Your level of engagement in this workshop | 1 | 2 | 3 | 4 | 5 |
| 2. The usefulness of the activities | 1 | 2 | 3 | 4 | 5 |
| 3. Your willingness to encourage use of positive touch (PT) | 1 | 2 | 3 | 4 | 5 |
| 4. How likely you are to seek further training for staff | 1 | 2 | 3 | 4 | 5 |

Results: Heads' workshop

11 evaluation slips were returned at the end of the sessions.

Rating	1 (Low)	2	3	4	5 (High)	4 + 5
Aspect						
Engagement					11	11
Useful					11	11
Willingness to use PT				1	10	11
Seek further training				1	10	11

Comments of delegates:

- An excellent presentation. A very calming approach which will certainly encourage positivity within the school. Diolch.
- Diolch. Thank you. An excellent session!
- Lovely, thank you.

Results: Deputies' workshop

12 evaluation slips were returned at the end of the sessions.

Rating	1 (Low)	2	3	4	5 (High)	4 + 5
Aspect						
Engagement				3	9	12
Useful			1	3	8	11
Willingness to use PT			1	2	9	11
Seek further training		1	2	4	5	9

Conclusion:

- The workshop was well received.
- A number of staff expressed interest in further training

Other considerations:

Delegates were promised information about local training in November 2014 for the Massage in Schools Programme (MISP) and staff wellbeing (IMPACT Wellbeing Programme). Details can be found at <http://www.touchlinetraining.co.uk/Massage-in-Schools/Training-courses.aspx>

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