



SCHOOL PARLIAMENT'S PRESENTATION TO GOVERNORS ON CHILDREN'S VIEWS ON 'REFLECTION TIME'.

By Maison and Maja



		Strongly agree	Agree	Slightly disagree 	Strongly disagree 
1	I really like reflection time	9	(13)	1	3

Any other comments?

Makes you calm and relaxed. Think about things.
Talking about things. Don't like it because it is too quiet.

2	Reflection time helps me not worry and relaxes me	4	(11)	6	4
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Any other comments?

quite and relaxing and helps me not to worry. It helps at school but still worry at home.
Makes worries go away. It doesn't always help. It makes me tired and don't like talking in front of people.
Releases stress and helps me concentrate.

3	Yoga helps me not to worry and relaxes me	(8)	3	6	13
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Any other comments?

It makes me uncomfortable/hurts. Calms and relaxes some people.
It's awkward.

4. What is the best part of reflection time? What's your favourite activity? (try and record between 1-5 things)

Speak about your own feelings. Circle time.
Listen to others opinions and ideas. Yoga.

5. How could reflection time be improved? (try and record between 1-5 things)

More time. Doesn't need to improve.
Games.
Writing your answers on paper so you don't have to talk aloud.

I really like reflection time...

- 43% 'strongly agree'
- 40% 'agree'
- 16% 'slightly disagree'
- 4% 'strongly disagree'

“Helps me relax and concentrate.”
(Year 4 boy)

“It helps if you’re hurt or angry.”
(Year 6 boy)

Reflection time helps me not to worry and relaxes me....

- 47% 'strongly agree'
- 47% 'agree'
- 7% 'slightly disagree'
- 0% 'strongly disagree'

“Helps me forget about bad lunchtimes.” (Year 3 girl)

“It helps at school but not at home.” (Year 6 boy)

“It helps me express my feelings and it’s nice to do it after lunchtime.”
(Year 4 girl)

Yoga helps me not to worry and relaxes me....

- 53% 'strongly agree'
- 23% 'agree'
- 17% 'slightly disagree'
- 7% 'strongly disagree'

What is the best part of reflection time?

- Yoga
- Music
- Saying your feelings and listening to others
- It's peaceful

How could reflection time be improved?

- Do more yoga
- Do reflection more often
- Drawing
- More time
- Pillows

ANY QUESTIONS?

Thank you for listening