



Te Tai Tokerau

**MANA AKE**  
STRONGER FOR TOMORROW

### **Decider Skills Delivery Morningside School Term 1 2025**

After a discussion with the Learning Support Coordinator at Morningside school in the staffroom end of 2024 about some of the behaviour of tamariki and the concerns about some of these tamariki not having the skills to be able to regulate their emotion the Decider Skills which our team had been trained in. After another hui with the LSC and DP/SENCO it was decided we would trial the Decider Skills in a Year 6 class as a pilot and see how effective it would be. Sessions took place on a Tuesday morning from 9.30 – 10.30am over 6 sessions (it was intended for 7 sessions, however due to camp was done over the 6 sessions). Kaiako and Mana Ake kaituitui were present during the sessions and LSC for the first 3 sessions.

### **Summary**

- A questionnaire was given on the first and last session of Decider Skills. Questionnaire was from the Decider Skills website but was adapted slightly to be more targeted for tamariki. A lot of discussion was needed on the first evaluation to help tamariki understand the questions and I wonder if the decreases at the final evaluation were due to tamariki having more comprehension of the questions on the final evaluation. A self reflection form was also given out on the last session to be able to hear tamariki feedback in their own words.
- The biggest increases were on the questions:
  1. I know what to do when I have challenging and unhelpful thoughts
  2. I feel confident that I can deal with emotions that make me feel overwhelmed or distressed.
- The skills that seemed to resonate with tamariki most were STOPP, It will pass and 54321.
- Tamariki reported they didn't like too much sitting so the skills where we did activities to practice and reinforce skills seemed to be more enjoyable.
- The session went for 1 hour but after delivering the programme and the feedback from tamariki and kaiako, the session could be delivered over 45 minutes.

### **Recommendations for future delivery:**

- Ensuring that the skills are always linked back to 'feeling the fizz' and using scenarios that the tamariki could identify with to practice using the skills as it appeared that they knew the skills but were unsure when to put them into practice.
- Decider skills was created in England, it is important that delivery has a cultural component to it and is relevant to our tamariki in Aotearoa. When teaching the values skill, I used the E tū whānau values which include mana manaaki, aroha, tikanga, kōrero awhi, whakapapa, whanaungatanga. In the SELF care skill, I used L to 'Look at our whare tapa whā' and we discussed each side of the whare to look at ways we could look after ourselves. Moving forward I feel there could be more adaptations made to the skills to ensure it meets the need for our tamariki Māori.

- To make this sustainable in schools, it would be beneficial for schools to have one or two kaiako trained in Decider Skills to ensure delivery is continued throughout the classrooms and the skills become a common language.
- There were discussions had within the leadership team at Morningside and an idea was mentioned about some of the Year 6 students who were confident in using the Decider skills make videos for each skill which can be used as teaching resources for other tamariki.

Some helpful links if you would like to know more about the Decider Skills:

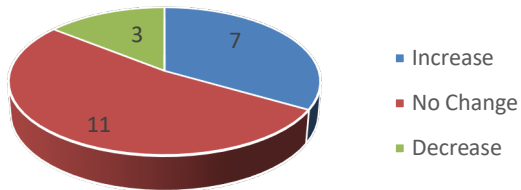
<https://thedecider.org.uk/our-strategies/life-skills/good2go-schools-programme/>

<https://thedecider.org.uk/media/qx4bfw0j/information-for-supporters.pdf>

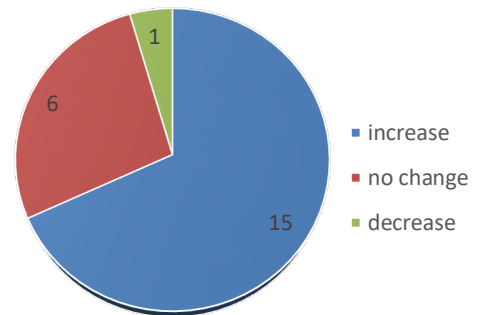
Link to purchase Decider skills programme:

<https://order.thedecider.org.uk/store>

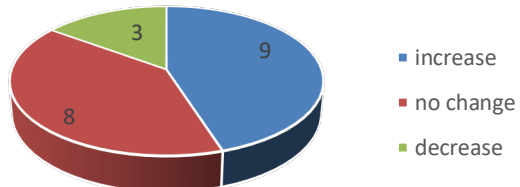
I have skills to cope when I feel overwhelmed with my emotions



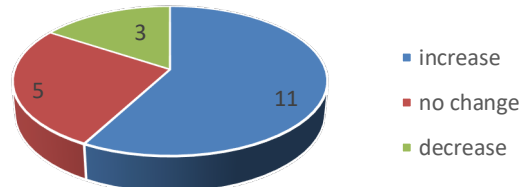
I know what to do when I have challenging and unhelpful thoughts



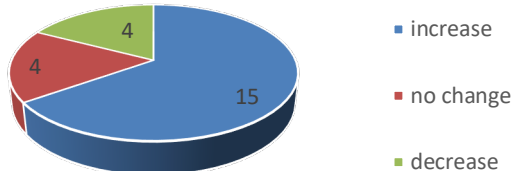
I know what to do to help me cope when I am upset



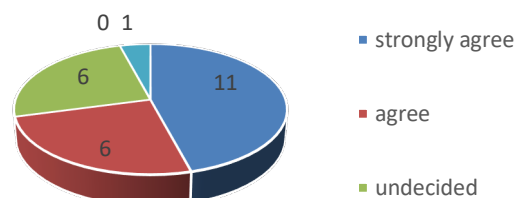
I can use strategies to help me deal with my overwhelming emotions



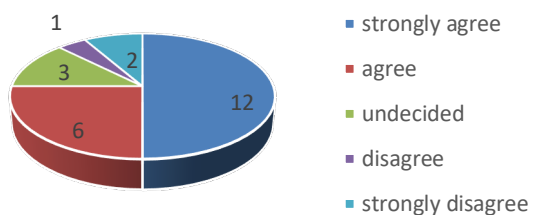
I feel confident that I can deal with emotions that make me feel overwhelmed or distressed



I learnt skills that I can use to manage my difficulties



I have learnt skills that I can share with the people who support me

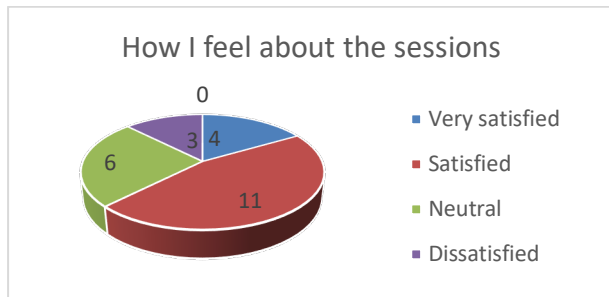


Tamariki were given a Decider Skills self-evaluation to fill out at the end of our 6 sessions. Some of the feedback given:

**Using one word the session was:**

Great, awesome, fun, fantastic, amazing, ok, fizz cool, interesting, helpful, cool, brilliant, happy, good

**How I feel about the session:**



Note: Smiley faces were used for this scale but for the purpose of the graph smiley faces were correlated to best description using the above scale.

**Reason for my rating:**

It is so good, too much sitting, I liked the Decider skills because they help me cope with my emotions, 100/100, I will not likely use them, this session really helped me a lot, I liked learning new ways to manage my emotions, cool, funny, helps me a lot, I felt good and learned new things, because I like the Decider Skills, helpful for when I have big emotions that are hard to contain, it was a bit boring but I enjoyed it, it was teaching me but mostly I didn't understand, because most of then I don't understand, 10/10, I really like when Chloe comes in, it's fun asking questions and acting but it is just a lot of sitting down, it was fun there are papers and funny dress up stuff, it helps me when I need it, because I don't really know about the other things, because it's really fun and easy to learn decider skills

**Something I liked doing:**

STOPP, Skills 54321 and It will pass, values, acting up the front with Chloe, I liked when we shook the bottle and it exploded, when the bottle exploded, the fizz, fact and opinion, reflection, cool cat breathing, sitting down, the Decider Skills, asking questions.

**Something new I learned:**

Self-care, STOPP, all of the Decider skills, doing the Decider, 54321, Fact or Opinion, how to control the FIZZ, to reflect on something, FIZZ, Crystal Clear, it will pass, the Decider skills (Love the Decider skills!) how to regulate through tough times, before lashing out at someone think before action, reflect, I learnt multiple ways to cope with my emotions, Fact or Opinion.

### **Something I'd like to do again:**

STOPP, 54321, FIZZ bottle explosion, do more sessions with Chloe, the FIZZ, coping with other people, the skills, work with Chloe, Decider! Learn more Decider Skills, this

### **Kaiako Feedback:**

An evaluation form was given to the kaiako and LSC who was present for 3/6 sessions due to changing jobs. Some of the feedback included:

What activities did you find most beneficial?

- I personally thought the 'It will pass' visual and the way to view the things in the moment is perfect for all using it. It gives value to what you are feeling as well as knowing that this feeling will pass
- 54321, name the emotion, it will pass, the fizz

Were there any topics or areas you feel should have been covered more?

- More acting out/practicing the skills. More emphasis on linking the skills back to the Fizz
- I only attended 3/6 sessions (as I changed jobs) but the three sessions I saw were brilliant and each new session had a chance to revisit the previous sessions.

What suggestions do you have for improving the programme?

- Less sitting down and more putting the skills into practice
- From what I saw, I think whole class sessions is the way to present this programme. I think it was beneficial for an outsider to present the programme and the kaiako to follow up in a coaching role. I feel this dynamic works better. The programme sits well with PB4L and can be rolled out to whole school.

Any additional comments or feedback?

- When Chloe and I first discussed the programme, it was a no brainer for me to get involved and this set up at our kura. The lifejacket analogy works, the visuals work, the language works! The ākonga get opportunities to share their own experience and reflect on a previous experience and see what they could have changed and see the possible different outcome. Giving our ākonga these life skills to use now and in the future could potentially be life changing. We need more of this programme in schools as life is complicated, touch and challenging and without these life skills we are not setting our students up for a successful future. Training mote adults in the programme is vital to getting it out there.
- I think it is excellent and the skills have been scaled for children really well. Maybe only a 45 min lesson. The children were extremely receptive to the skills. I do think part of the success is dependent on how the kaiako talk/use the skills on a regular basis. All over excellent!