

Testimonials from pupils

"The project made me feel like I'm more in control of my thoughts and insecurities."

"I learnt to appreciate my achievements instead of constantly thinking about my failures."

"I enjoyed developing my character strengths. I learnt that being kind to others not only helps them but yourself as well. All the lessons were clear so I understood everything very well. It made me understand myself better. It has really helped me explore things I never knew before."

"It really, really helped with my mental health."

"I enjoyed being able to learn about SMART goals. I learned what my character strengths are and how to utilise it. It made me feel better about myself and more self-confident. It is something to help you feel inspired for life."

"My favourite was the personal strengths lesson, probably because I didn't know about them in the first place."

"I enjoyed the variety in activities. I learnt especially breathing exercises and how to be in the moment. The project made me feel more prepared for the future. The Hummingbird Project is a toolkit customized for you."

"The mindful drawing helped me to understand what being mindful felt like."

"One time I was feeling upset after lunchtime and after the lessons I was feeling much calmer and happier."

"You created the safest environment and made me, a shy closed off person, want to contribute. So thank you. Thank you for making me feel safe, thank you for the activities you help us do. And thank you in general, as this project has really helped me. I wish when I'm older to help young kids and teens similarly to you."

"It has also helped my Mum because of the meditations we have done and how to deal with stress."

"As a person with anxiety, this helps."

"What I have learned is to be more positive about things in life and not to give up."

"I enjoyed the inclusivity and support. I learnt a lot, about mindfulness especially. The Hummingbird Project creates deeper understanding and connections with yourself and those around you."

"The Hummingbird Project helps you to feel better and to think about the good things about you."
"I think the Hummingbird Project shows that kids aren't alone and there is always someone to help."

"It made me happier because I wasn't aware of how much I needed it. Just wanted to say thank you, it made my life better."

"I loved learning about mindfulness and being able to express my feelings and thoughts. I felt like it made me feel more informed on mental health. A great way to teach us more on mental health and learn how to cope with it."

Testimonials from teachers

“Fabulous and staff so approachable and great at building relationships with children.”

Year 6 Teacher, Oak View Academy, Winsford

“The session on character strengths was particularly good for the children - nice to see that they had different strengths. It's been lovely to have that weekly time to develop our mental wellbeing.”

Year 6 Teacher, Broadfield Primary School, Oldham

“The children now have more resilience and confidence. They have the ability to identify what makes them happy and hopefully they will have the ability to bounce back after challenges.”

Year 3 Teacher, St Bede's CE Academy, Bolton

“I think it has improved the children's mindset and helped them to be happy within themselves.”

Year 5 Teacher, Blackshaw Lane Primary School, Oldham

“Children have become more emotionally aware of the highs and lows of life and have developed a toolkit of strategies to develop resilience.”

Year 6 Teacher, Davenham CE Primary School, Northwich

“It has given them a designated time to think and reflect. It has reminded them and given them new strategies to help them to be mindful.”

Year 6 Teacher, Merton Bank Primary School, St Helens

“It has helped children to understand that it is okay to feel a range of emotions. It has also provided children with strategies to support them if they are ever feeling down.”

Year 4 Teacher, Robins Lane Community Primary School, St Helens

“I think the project has given the children tools to continue to improve their mental health in future.”

Year 6 Teacher, St Mary's Birchley RC Primary School, Wigan

“The children thoroughly enjoyed the project. All children were engaged in each session and were excited about each theme. It was a fantastic programme which enabled the children to talk about their thoughts and feelings in a positive way.”

Year 4 Teacher, English Martyrs RC Primary School, Manchester

“Pupils are independently using strategies to calm themselves in different situations when needed. They have learned about the importance of self-awareness – the effect their emotions have on others! The children understand the importance of being happy/having a positive outlook.”

Year 5 Teacher, St Peter's CE Primary School, Ashton-under-Lyne