



## Evaluation:

Once you have gone through the entire syllabus the goal is to see an increased ability to focus and improved self-esteem in your students as well as a better awareness of each other in the group. These traits are easily visible and only part of the goal. The bigger goal is that there are benefits for each individual in the daily life and in the ordinary education, benefits that might not be as easily visible but have a great impact of the results of the students development.

Once you have completed the modules, do an evaluation with your group, what did they like what did they not like, do they feel it has been of benefit to them. Do you as the teacher see any differences in your group, in any aspect, focus, skills, mood, etc.

If you feel the group has developed and you want to keep using this method, you can always add more counts or do the module from the beginning but with new movements.