



**Amy McLaughlin - Weymouth
Primary**
YEAR 5/6 TEACHER

“It’s great to walk around the school and hear things from the kids, like being ‘Better than Before’ and discussing what kindness means.”

Amy McLaughlin is a Year 5/6 teacher at Weymouth Primary, where she has been using the InnerFit resources over the last two years.

“It’s been really great to unpack a lot of the things we’ve been seeing around the school, and InnerFit has been one of the tools that we’ve used.”

One of the things that was a big focus for Amy’s students in 2020 was around kindness and learning to manage their emotions.

“In my senior class, I have had some intense emotions coming through at times. Some of the ways that we’ve used InnerFit is the “Feels Like, Sounds Like, Looks Like (Y-Charts), which have been really powerful. Getting my kids to actually identify the emotions that they’re feeling and how that is expressed.”

From the online platform, they have used a lot of the videos to spark discussions in the sharing circle and also used them as a starting point for drama and skits.

“We use real occurrences that have happened in the class that are negative, where we’ve work-shopped them and through drama, worked through what would be a more appropriate action.”

Amy says using the InnerFit resources and the training that has gone along with it has taught her that instead of jumping in and looking to fix or solve problems for her tamariki, she has now given them the tools to work together as a

group and to think these things through. As a result, she is finding they are more than capable of coming up with solutions themselves.

The online InnerFit platform has also been a useful tool because it has provided helpful links across the curriculum.

“So we look at it as not another thing to do, but something we can bring into what we are already doing as teachers.”

It’s great to walk around the school and hear things from the kids like being ‘Better than Before’ and discussions about what kindness means.

“The InnerFit philosophy also fits in with our Weymouth Way, our values and our vision, so linking those ideas into different activities is always really helpful and easy to do.”

She describes the InnerFit journey as a really powerful one as a beginning teacher:

“It’s also been really helpful for me as a beginner teacher because I’m still finding my tools, and this is a really powerful tool to have in my toolkit and to have at my disposal. I’m really enjoying my InnerFit journey.”