

Teacher Testimonies



Tayla Faafo - Weymouth Primary
YEAR 4/5 TEACHER

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“My name is Tayla Faafo. I am a Year 4/5 teacher at Weymouth Primary School. Since my first year of the InnerFit programme, I’ve found it really helpful for my students. We’ve focused on the Managing Emotions units and a lot on kindness.”

Tayla goes on to say that her students have had an ‘amazing response’ and have really taken ownership for their learning. They are able to transfer the values they’ve been working on in class out into the actual games that are played as a class.

“I’ve really learnt how to reflect, which is a cool tool that we use.” Tayla uses reflection journals with her students and says they really help to figure out how they can improve and continue to be better in the next lesson.

“The website is great to get the resources from, and we can access the templates for each module and any additional games. It also gives you alternatives for different ways to play the games.

In addition, I receive weekly emails from InnerFit with additional ideas for games or values-based learning activities that we can do with our students.

One of my students, in particular, has always struggled with behaviour and is a bit more challenging to get focused and really pay attention in class. Ever since starting the InnerFit journey this year (2020), it has made a huge difference to his behaviour.”

Tayla is now hearing positive stories from other staff who are complimenting this student, as well as his peers, telling him how well he is doing in managing his emotions. When he gets worked up, he finds a safe place around the school to calm himself down.

“So it’s really showing in his behaviour in the way that he is handling himself throughout the school day.”