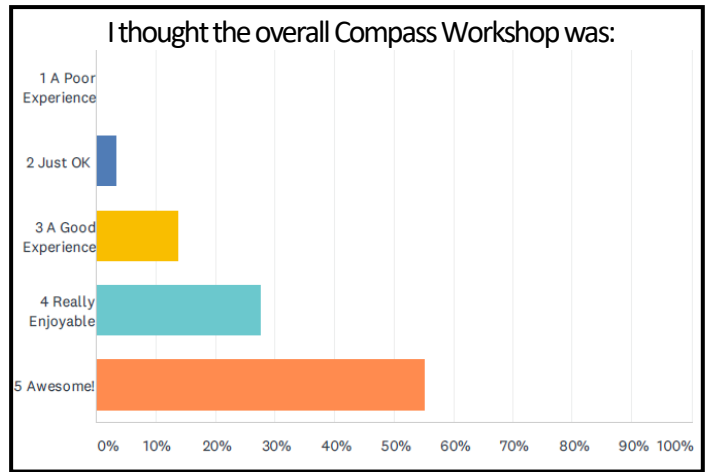
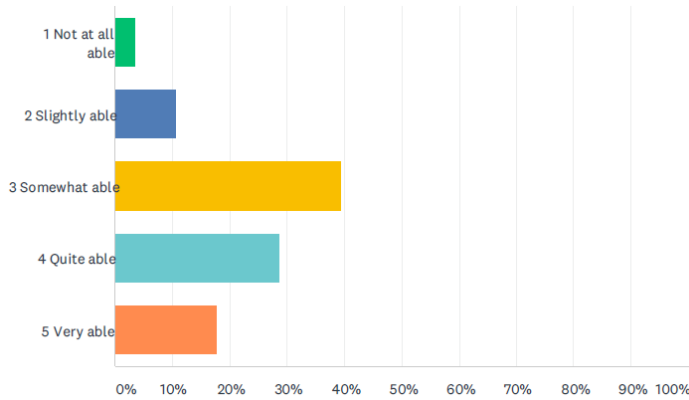


# 4th Grade Compass for Girls Online Workshop

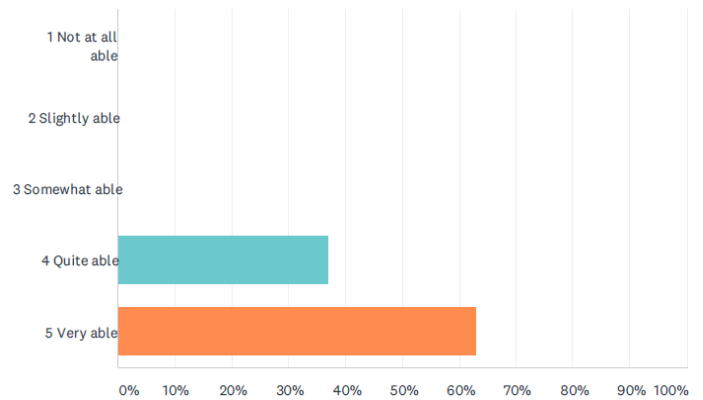
Evaluation Results  
From February 6, 2021



How able did you feel to identify the traits of a healthy relationship?

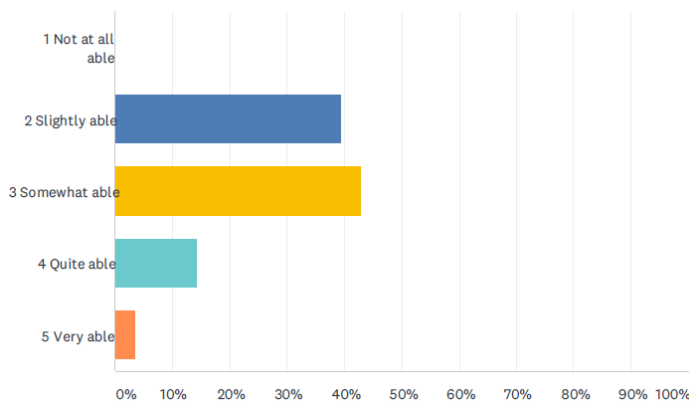


**BEFORE THE WORKSHOP**

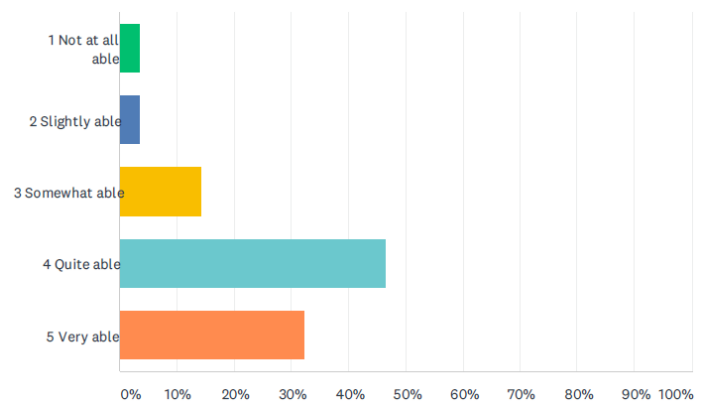


**AFTER THE WORKSHOP**

How able did you feel to identify, label and express your feelings?

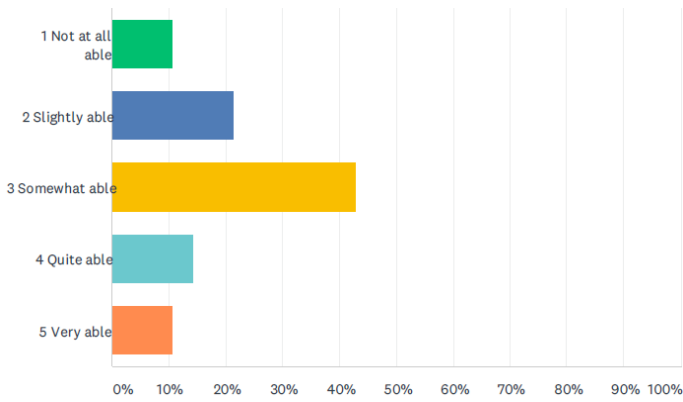


**BEFORE THE WORKSHOP**

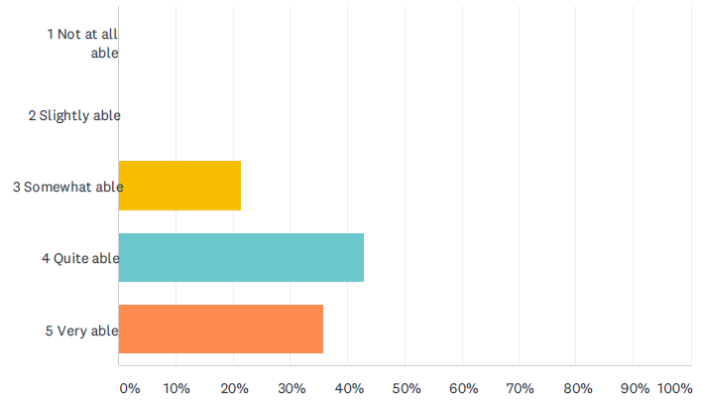


**AFTER THE WORKSHOP**

## How able did you feel to respond thoughtfully to strong feelings?

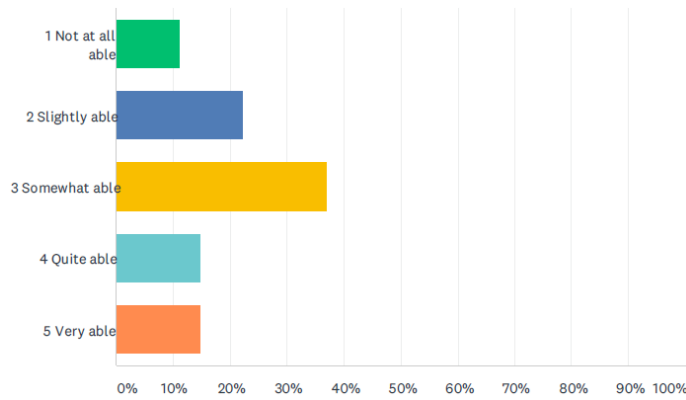


**BEFORE THE WORKSHOP**

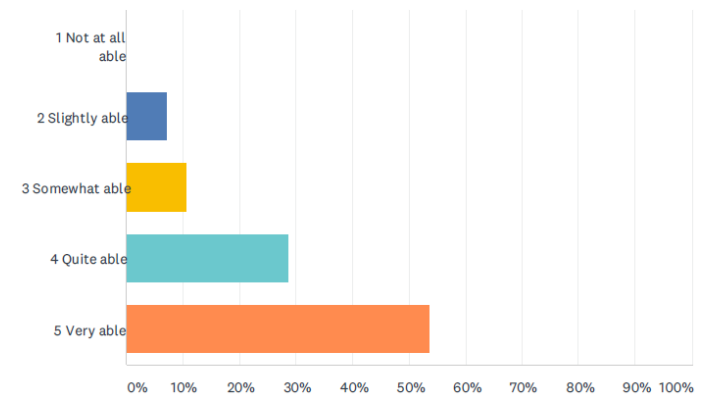


**AFTER THE WORKSHOP**

## How able did you feel to solve relationship struggles?

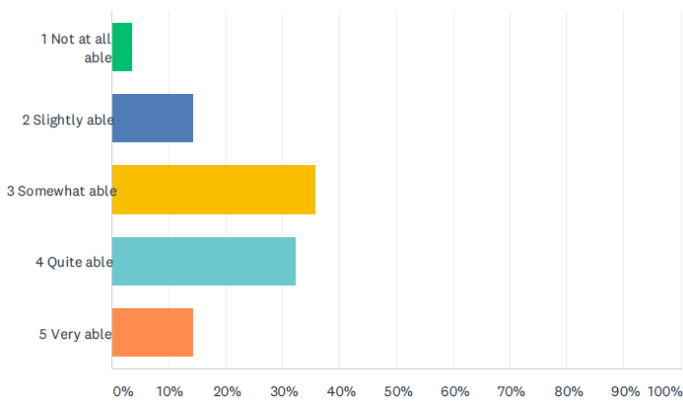


**BEFORE THE WORKSHOP**

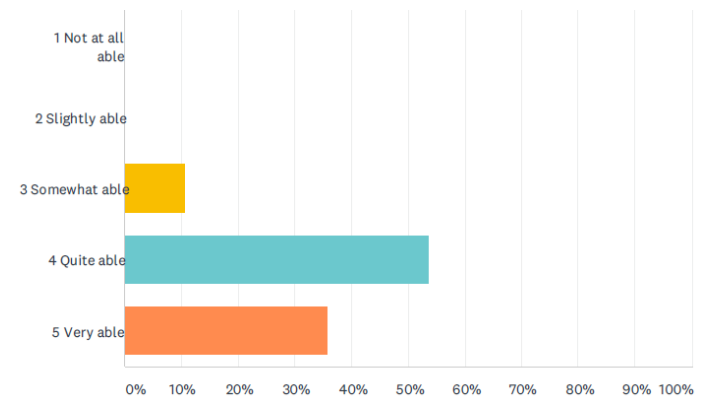


**AFTER THE WORKSHOP**

## How able did you feel to understand exclusion?



**BEFORE THE WORKSHOP**



**AFTER THE WORKSHOP**

## After attending the 4th Grade Compass for Girls Workshop, I now feel like I can ...

- Talk about my emotions
- Kind of cope with stress better
- Take care of more things
- I can live a happier life
- Deal with problem's in all that we talked about
- Talk to others (family) about my feelings
- Control and express my feelings
- I now feel I can identify what feelings I have and I can know what a good relationship is and a bad one.
- Do it on my own
- Understand my friends better
- Feel good about friendships
- Deal with relationships
- I feel that I can now know how to deal with new stuff
- I now feel like I can do anything I can dream of
- Express my feelings and calm down during hard times
- Respond to things better and overall, breathe easier in life
- Do anything
- Just to take a breath
- Solve friend ship problems, take a deep breath, and how to respond respectfully
- Talk about how I feel
- Stand up for myself
- Do fun stuff
- Be more of my self
- How respond to something mean and be nice when someone isn't nice to you
- Handle my friendships better
- Identify my feelings

## The thing I liked best about the 4th Grade Compass for Girls Workshop ...

- I loved yoga and crafts
- I really liked meeting people
- Meeting new girls
- How we could do crafts and learn how to deal with strategies and still have a fun time
- I liked reading in seperate groups with my friends!
- Making the pom poms
- EVERYTHING!!!!!!
- I really like the yoga, and the scenarios we answered
- I liked the crafts because we got to make a pom pom
- To meet new people
- Seeing friends from school
- Compass overall
- I really like the yoga it made me feel calm
- I loved the teacher. She is so nice!!!!
- I liked how we got to socialize and be able to freely tell our feelings to each other and our organizer
- I liked how each different thing or group of things was in a different section, and it could all relate to north west south and east, and it kinda all tied in together
- When we got to color
- The crafts
- The yoga
- I liked the girls that did it with me. They were kind and fun-loving. The teacher was also very nice.
- Meeting new people
- The craft
- The activities
- Making the crafts
- Yoga

## What is one idea you have for making the Compass for Girls Workshop better ...

- More than one day of Compass
- I think there could be more crafts and to be a little slower
- My idea is that they can show a video about when people have problems and you need to think
- about how to solve them
- Nothing I love compass so much just keep it the same
- Well not really anything. It is better in its own way
- It was really fun so I don't know?
- Adding a craft writing character traits on a shirt
- I'm not sure, sorry!
- One more break
- Nothing honestly
- I think an idea is that you should make the breaks longer
- Nothing everything was great!!!!!!
- Maybe we could tell each other a little more about each other at the beginning such as your pets, favorite color, favorite food. stuff like that.
- I don't know
- Make it a little longer so that we can complete EVERY activity.
- More crafts
- Nothing
- I don't think I would change a thing.
- Nothing it is a lot of fun
- Have more fun stuff to do
- It is hard to think of something
- I don't really have ideas
- Painting our favorite animals maybe
- Making more arts and crafts
- More interaction rather than just listening
- A little shorter