CLIMBING FOR CONFIDENCE

IMPACT AND EVALUATION 2021-22

In 2021-22 we ran 2 blocks of Climbing for Confidence sessions. The first during Children's Mental Health Week and the second at the end of the summer term.

17 schools

210 children

Children's feedback from the sessions

98% said they had fun

97% said they were glad that they had taken part

71% said they found it difficult but kept trying

89% said they were proud of something they had done today!

82% said that they felt brave

82% helped someone today

94% said they would like to climb again

Participants were asked what three words best described their experience & feelings when taking part in the sessions