

Latest information to
the existing statistics
of E.W.B

Education Without
Boarders

Surf Without Boarders

2023 MONTHLY REPORT

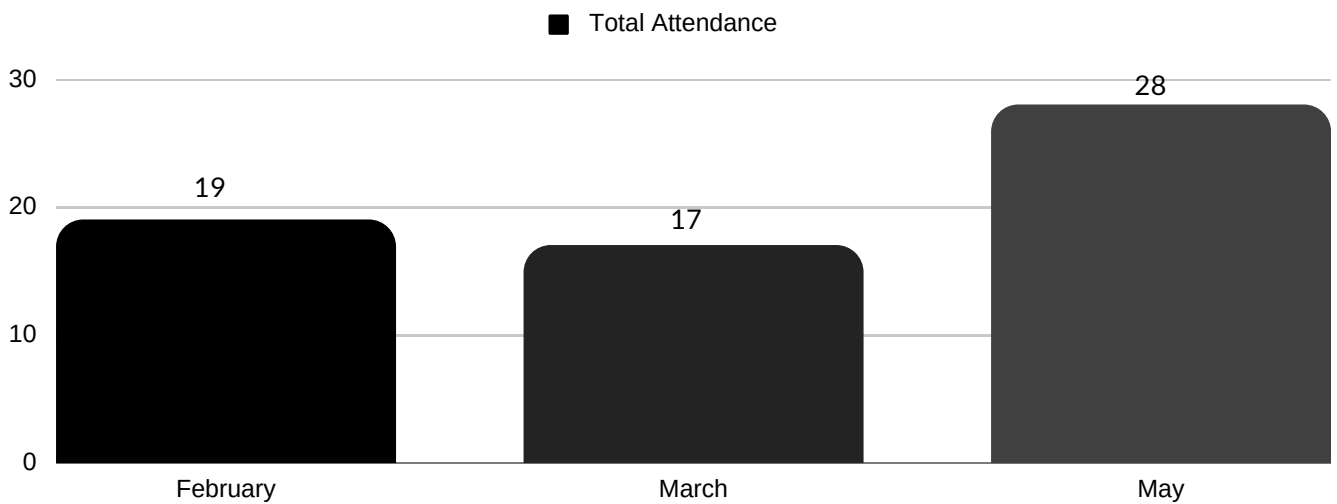
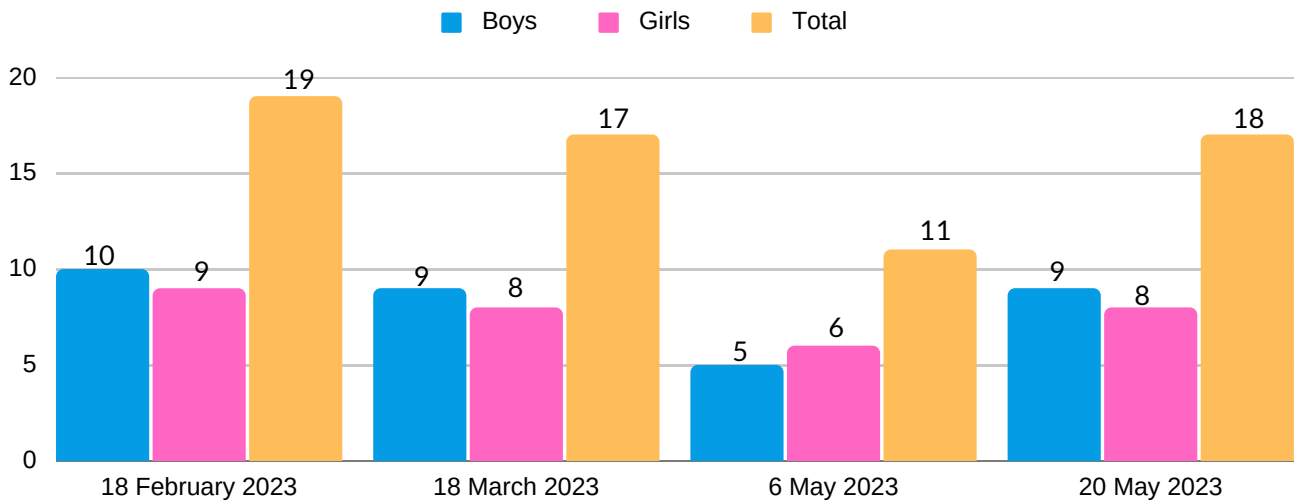
20 MAY 2023

INFO@9MILESPROJECT.ORG

 9 Miles project
Going the Distance...



E.W.B ATTENDANCE OVER 3 MONTHS



In these graphs, we report the attendance of girls and boys for each month and the comparison of attendance throughout the 3 months.



LESSONS

At the start of every session we enjoy doing energizers and games to get the kids pumped up and full of excitement for whatever is next on the programme, the kids tend to come feeling lethargic which allows us to help break the sluggishness with fun activities.

WORDS

On Saturday, 18 March 2023, the team facilitated a lesson on **WORDS**. They spoke about the power of words and how people's words crystallize perceptions to ultimately drive our behaviours and shape our beliefs which arise in an emotional response to what good or bad things were expressed. The moral of the lesson was to change how we talk to ourselves and others so that we could leave a good impact.

GRATITUDE

On Saturday, 18 April 2023, Juanay facilitated a lesson on **GRATITUDE**. Discussing the benefits of being grateful such as improving your health, relishing good experiences, building stronger relationships, and dealing with adversity. Then we discussed how we can **practice** more gratitude by noticing good things, savouring moments, and expressing ourselves via writing or just thanking someone, which shows a higher form of gratitude: **APPRECIATION**. The moral of the lesson was to teach kids how we can improve self-esteem and self-care by associating ourselves with greater happiness and appreciation...**GRATITUDE!**

APPLYING PERSPECTIVE

On Saturday, 6 May 2023, Shanna facilitated a lesson about applying perspective in our circumstances. We talked about the harsh reality of certain pressures that children deal with daily and spoke on how we can approach situations with better understanding and points of view. We proceeded to end the lesson with some art which allowed the kids to express themselves on paper.



SURF & FITNESS

In every programme, surfing and fitness are one of the most important factors. Surf Therapy supports children from stressed environments to develop meaningful social connections. It helps them experience respite from difficult thoughts or feelings, and adopt healthy behaviours to cope with stress. It is a huge benefit for the children to gain a hobby that empowers them and teaches them about getting back up every time they fall and to just keep pushing towards happiness in their life.



HIGHLIGHTS



The most amazing moment was seeing the facilitators being a massive support by cheering the kids on when they are in the water.

Some children lack the confidence in approaching something new such as surfing, but experiencing how wonderful the facilitators are in encouraging the kids made my heart melt with joy.



