

Creative medium: Blowing bubbles and eating marshmallows

1. What did you like best about this class

Interesting interactions with group peers and the lecturer.

Creative levels are always on a high and the final lecture was lots of fun.

2. Did this class add / contribute to your general knowledge regarding stress?

<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
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3. Did you feel relaxed during the team activities

<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
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4. What would you have liked to be different in this class

Everything can stay the same because the class is really educative and interactive.

Creative medium: Blowing bubbles &
Eating mallow.s

1. What did you like best about this class

The practical work we get
to do as a team.

2. Did this class add / contribute to your general knowledge regarding stress?

Yes

No

3. Did you feel relaxed during the team activities

Yes

No

4. What would you have liked to be different in this class

Nothing, everything is just
perfect.

Creative medium: Blowing bubbles
eating mushroom

1. What did you like best about this class

Everything, it was
enjoyable too

2. Did this class add / contribute to your general knowledge regarding stress?

Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
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3. Did you feel relaxed during the team activities

Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
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4. What would you have liked to be different in this class

Nothing

Creative medium: Blowing bubbles & eating marshmallows

1. What did you like best about this class

The class was interesting
and she give us sweets
also

2. Did this class add / contribute to your general knowledge regarding stress?

Yes

No

3. Did you feel relaxed during the team activities

Yes

No

4. What would you have liked to be different in this class

Nothing because it's always
nice.

Creative medium: Blowing bubbles

1. What did you like best about this class

Blowing bubbles, and eating
marshmallows with the group
members

2. Did this class add / contribute to your general knowledge regarding stress?

Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
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3. Did you feel relaxed during the team activities

Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
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4. What would you have liked to be different in this class

Nothing

Creative medium: blowing bubbles
and eating marshmallows.

1. What did you like best about this class

The fact that we were
taught how to deal with
stress.

2. Did this class add / contribute to your
general knowledge regarding stress?

Yes

No

3. Did you feel relaxed during the team
activities

Yes

No

4. What would you have liked to be different in
this class

nothing.

Creative medium: blowing bubbles and eating marshmallows

1. What did you like best about this class

Everything, it was very interesting and fun.

2. Did this class add / contribute to your general knowledge regarding stress?

Yes

No

3. Did you feel relaxed during the team activities

Yes

No

4. What would you have liked to be different in this class

Nothing.

Creative medium: inkleur

1. What did you like best about this class

dat mens interactief
is met ander studente

2. Did this class add / contribute to your general knowledge regarding stress?

Yes

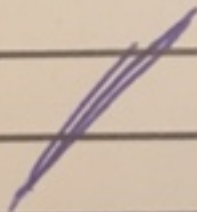
No

3. Did you feel relaxed during the team activities

Yes

No

4. What would you have liked to be different in this class



Creative medium: col & in kleur

1. What did you like best about this class

It's fun.

2. Did this class add / contribute to your general knowledge regarding stress?

Yes



No

3. Did you feel relaxed during the team activities

Yes



No

4. What would you have liked to be different in this class

Creative medium: Colouring in

1. What did you like best about this class

Doing something different and
useful, something we
can enjoy

2. Did this class add / contribute to your general knowledge regarding stress?

Yes



No

3. Did you feel relaxed during the team activities

Yes



No

4. What would you have liked to be different in this class

That we had longer
time to colour in

Creative medium: clay

1. What did you like best about this class

2. Did this class add / contribute to your general knowledge regarding stress?

Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
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3. Did you feel relaxed during the team activities

Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
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4. What would you have liked to be different in this class

Creative medium: Clay

1. What did you like best about this class

I like the fact that is
helping me reduce my
stress cause everything is
taught link with life.

2. Did this class add / contribute to your general knowledge regarding stress?

Yes

No

3. Did you feel relaxed during the team activities

Yes

No

4. What would you have liked to be different in this class

Nothing everything is
just perfect.

Creative medium: CLAY

1. What did you like best about this class

Learning more about stress
and making something with
clay

2. Did this class add / contribute to your general knowledge regarding stress?

Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
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3. Did you feel relaxed during the team activities

Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
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4. What would you have liked to be different in this class

Everything in this class
is perfect

Creative medium: Clay

1. What did you like best about this class

That we were able to
talk about our stressors

2. Did this class add / contribute to your general knowledge regarding stress?

Yes

No

3. Did you feel relaxed during the team activities

Yes

No

4. What would you have liked to be different in this class

I wish we were given a
private space with our group
where its just us to open up
freely & not pay attention to other ^{group}

Creative medium: Clay

1. What did you like best about this class

It was something I could
relate to (stress).

2. Did this class add / contribute to your general knowledge regarding stress?

<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
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3. Did you feel relaxed during the team activities

<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
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4. What would you have liked to be different in this class

Nothing

Creative medium: Painting

1. What did you like best about this class

The sweet treats

2. Did this class add / contribute to your general knowledge regarding stress?

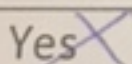
Yes



No

3. Did you feel relaxed during the team activities

Yes



No

4. What would you have liked to be different in this class

To get more treats to help
us relax during the activities.

Creative medium: Nkandla

1. What did you like best about this class

It was unique, new and
different

2. Did this class add / contribute to your general knowledge regarding stress?

Yes

No

3. Did you feel relaxed during the team activities

Yes

No

4. What would you have liked to be different in this class

Nothing

Creative medium: Nkadla

1. What did you like best about this class

Building Nkadla with the
poetries ☺

2. Did this class add / contribute to your
general knowledge regarding stress?

Yes

No

3. Did you feel relaxed during the team
activities

Yes

No

4. What would you have liked to be different in
this class

Nothing liked everything
This was a fun class overall

Creative medium: Inkandla

1. What did you like best about this class

It was fun and gave
use freedom to express
our creativity

2. Did this class add / contribute to your general knowledge regarding stress?

Yes	No
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3. Did you feel relaxed during the team activities

Yes	No
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4. What would you have liked to be different in this class

Nothing it was a
good class and
helped gain insight

Creative medium: paint

1. What did you like best about this class

The lesson was interesting

2. Did this class add / contribute to your general knowledge regarding stress?

Yes



No

3. Did you feel relaxed during the team activities

Yes



No

4. What would you have liked to be different in this class

More of these kind of activities

Creative medium: Paint

1. What did you like best about this class

The fact that it helps us
to handle stress

2. Did this class add / contribute to your general knowledge regarding stress?

Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
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3. Did you feel relaxed during the team activities

Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
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4. What would you have liked to be different in this class

Creative medium: Painting

1. What did you like best about this class

Die klas was anders en
kreatief aangebied. Dit
was lekker!

2. Did this class add / contribute to your general knowledge regarding stress?

Yes	No
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3. Did you feel relaxed during the team activities

Yes <input checked="" type="checkbox"/>	No
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4. What would you have liked to be different in this class

Creative medium: Paint

1. What did you like best about this class

The fact that we had time to
do something other than
work.


2. Did this class add / contribute to your general knowledge regarding stress?

Yes	No <input checked="" type="checkbox"/>
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3. Did you feel relaxed during the team activities

Yes <input checked="" type="checkbox"/>	No
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4. What would you have liked to be different in this class

Creative medium: Paint 

1. What did you like best about this class

was interactive and
playful

2. Did this class add / contribute to your general knowledge regarding stress?

Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
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3. Did you feel relaxed during the team activities

Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
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4. What would you have liked to be different in this class

Nothing

Creative medium: Paint

1. What did you like best about this class

The lecturer makes
it interesting

2. Did this class add / contribute to your general knowledge regarding stress?

Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
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3. Did you feel relaxed during the team activities

Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
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4. What would you have liked to be different in this class

More sweets

Creative medium: Klei

1. What did you like best about this class

Date and met Klei
can speed

2. Did this class add / contribute to your general knowledge regarding stress?

Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
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3. Did you feel relaxed during the team activities

Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
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4. What would you have liked to be different in this class

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Creative medium: klei

1. What did you like best about this class

Everything

2. Did this class add / contribute to your general knowledge regarding stress?

Yes

No

3. Did you feel relaxed during the team activities

Yes

No

4. What would you have liked to be different in this class

Nothing.

Creative medium: Klei

1. What did you like best about this class

Dat ons kon ontspan-en
met klei kon speel

2. Did this class add / contribute to your general knowledge regarding stress?

Yes

No

3. Did you feel relaxed during the team activities

Yes

No

4. What would you have liked to be different in this class

niks.

Creative medium: klei

1. What did you like best about this class

Dat ons op ons eie
ons geluk kon uitbeelden
en soom lag

2. Did this class add / contribute to your general knowledge regarding stress?

Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
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3. Did you feel relaxed during the team activities

Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
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4. What would you have liked to be different in this class

Ni's

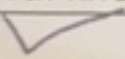
Creative medium: Andri-Cornie

1. What did you like best about this class

Ons as groep saam pret
gehoel het en die oorsp
ontspanning

2. Did this class add / contribute to your general knowledge regarding stress?

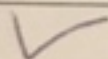
Yes



No

3. Did you feel relaxed during the team activities

Yes



No

4. What would you have liked to be different in this class

Creative medium: klei

1. What did you like best about this class

Om beetje te
ontspan en iets
anders te doen

2. Did this class add / contribute to your general knowledge regarding stress?

Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
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3. Did you feel relaxed during the team activities

Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
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4. What would you have liked to be different in this class

Creative medium: Klei

1. What did you like best about this class

Everything!

2. Did this class add / contribute to your general knowledge regarding stress?

Yes

No

3. Did you feel relaxed during the team activities

Yes

No

4. What would you have liked to be different in this class

Absolutely nothing