

# Case Studies - Kids

“ Charlie has cerebral palsy, could not walk and was making use of a wheelchair when she started doing Boing.

After a year of doing Boing sessions as her main source of physical activity, and thanks to Charlie’s determination, she can now move independently of a chair, sticks or assistance.

On speaking to her, her one-to-one support worker and best friend it was identified that Boing gives her the chance to access physical activity in a way physical education had not previously, due to the inclusive and child-led nature of Boing.

They said they enjoy Boing so much because it gives her the opportunity to show her peers what she can do, rather than be defined by what she can’t because of his condition. ”

Charlie - age 9

“ Matthew has a nervous and anxious predisposition. He uses wearing his gloves as a coping mechanism when entering new situations and environments. For an unidentified reason he did not have his gloves for the first Boing session however. At the beginning of the session he was extremely nervous and visibly very anxious; he sat out and was disengaged, understandably so.

However, after recognising this, one Boing coach spent some time with him and rearranged the session to incorporate what the young pupil felt comfortable doing. Within a few minutes he was running around with his classmates seemingly very relaxed, fully engaged and he had forgotten all about not having his gloves. ”

Matthew - age 8

“ Mia said that she used to be so shy that she never liked her parent’s friends coming over to her house.

However, since she has been doing Boing, where she has been problem solving with her body and learning how to show emotions, she said that she has become a lot more confident.

She even reports that she now likes giving those same friends of her parents a hug and a kiss when they come over to her house.”

Mia - age 7

