

EMPOWERkids



Health and social education for children

Experiences of the EMPOWERKIDS-TOOL usability in FINLAND

SEMINAR

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BALTIC REGION HEALTHY CITIES ASSOCIATION



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Health and social education for children

- Elementary school in Turku, **Finland**
- **Children** aged 8 to 9 years (n= 12)
- **Professionals:** school teacher (n = 1)
- **The game session:**
 - whole group on one lecture
 - first part together, rest of the parts individually
- Children were able to play the tool alone (*assistance if needed*)
- **Short review** of the results individually with the children and **longer discussion** afterwards with the whole group



Wikipedia, 2017



CHILDREN'S opinions about the **EMPOWERKIDS-TOOL**

Things we liked

- All parts
- Physical activity part and Nutrition part
- Gamified features
- Clock
- Personal details (name)
- Feedback

Things we disliked

- Difficulties to remove pictures from "wrong place" by oneself (n = 1)
- The amount of questions (n =1)

Verbal feedback :

- *easy and fun to play*



PROFESSIONAL'S opinions about the **EMPOWERKIDS-TOOL**

Things I liked

- Clear appearance and content
- Pleasant graphics

Things I disliked

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Things to retain

- Every part

Things to change

- Feedback (more personal)



Health and social education for children

Developing and implementing the EMPOWERKIDS-TOOL

- All in all, the tool was **liked** by children and professional
- Minor challenges occurred
 - regarding **language difficulties** (Finnish)
 - due to **not always reading** the instructions
- Development ideas: more **personal feedback**
- **No other methods** to discuss child health and wellbeing
- *A tool to be used by the **school nurse** and the **schoolchildren**?*
 - *e.g. on annual health check up's?*

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Thank You!