



Class Impact

From 2,956 pupils

It's helped me get through difficult situations or stressful ones that I wouldn't have been able to before.

I enjoyed the course because I have found a way to calm myself down during tricky situations. I will find it useful in music concerts and things that matter to me.

The best thing about doing the .b course was that it made me feel relaxed and calm when I was stressed e.g. exam times.

Beditation was good because after having a long day at school it helped to clear my mind before going to bed and I slept better.

It was the experience of stepping back and taking in your surroundings that had the biggest positive impact on me.

What did you think of ?



77% found the course extremely, very or fairly enjoyable

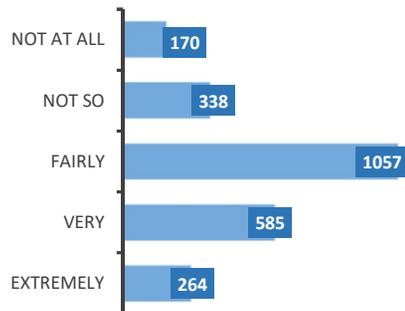


78% found the course extremely, very or fairly useful.

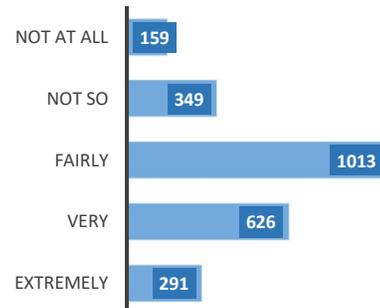


68% said that they are extremely, very or fairly likely to keep using mindfulness

How enjoyable did you find .b?



How useful did you find .b?

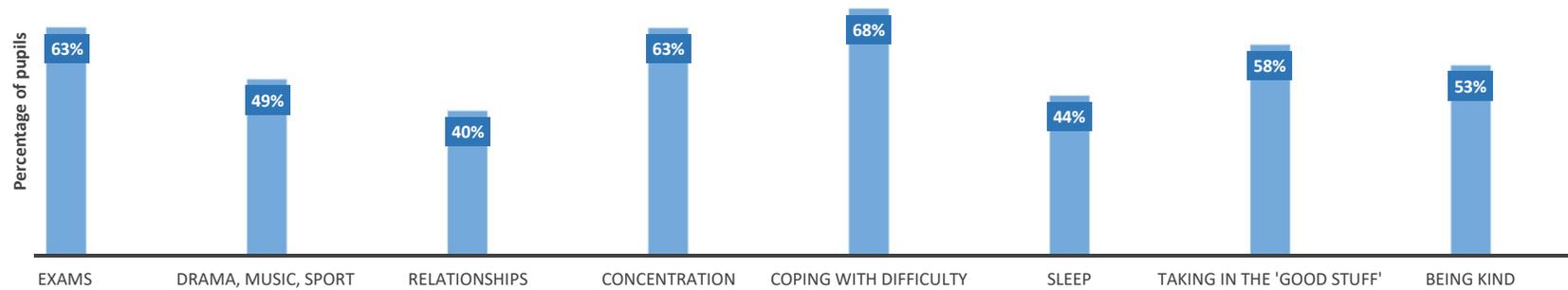


How likely are you to use mindfulness again?

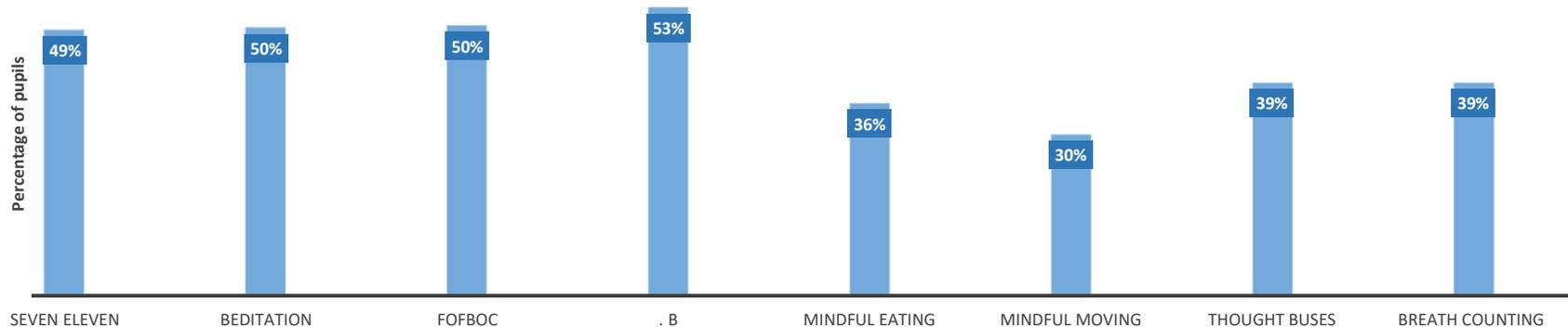


How does **.b** support you?

.b supported pupils in the following ways



.b practices that are likely to be used again





Would you recommend **.b** to your friends?

