



## **Introducing Mindfulness to Adolescents in the Classroom**

Tonbridge School, January to March 2010

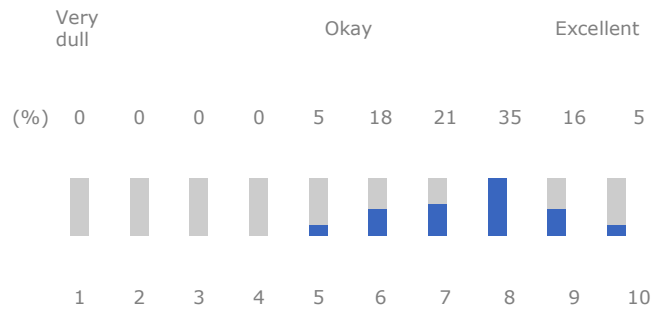
Summary of questionnaire responses

3 sets of year 10 boys

8 x 40 minute lessons

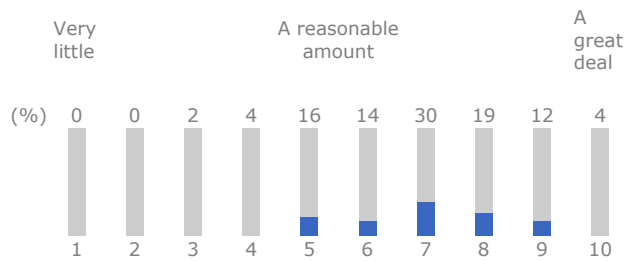
60 participants, 57 filled in questionnaire

**What would you give the mindfulness course out of 10 in terms of being enjoyable and interesting?**



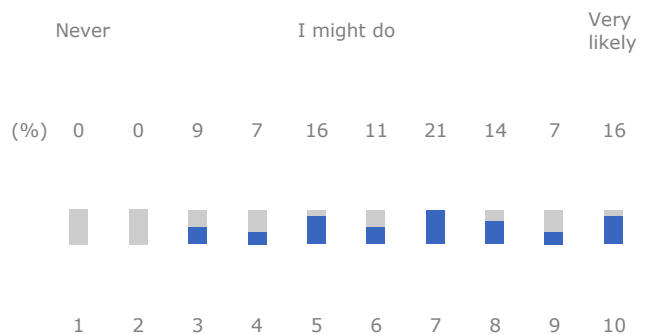
Average: 7.5

**On a scale of 1 - 10 How much do you think you have learned during the course?**



Average 6.9

**In the future, how likely are you to use any of the techniques you have learned?**



Average 6.8

## Being more specific, how do you think it will help in the future, if at all?

- I want to be able to use it to help me with getting nervous and worrying.
- Sports field  
Pressurized situations eg exams
- I have just had my french oral and the .b technique was very helpful along with the 7-11 technique. So I will definitely be using these methods in the future.
- If you are stressed and need to relax.
- mainly i think it would help relieve stress from academic things such as exams, but also will help with concentrating in sport but also with injuries and not getting worked up over small things.
- if im stressed or im struggling to go to sleep i could use it to relax.
- It will help me to calm myself for any important sport or musical things. It will also help me to just come back to the present moment as well as I tend to always plan ahead.
- In all sports, but particularly cricket.  
Stress during exams.  
Make me notice and enjoy more things.
- It could help with future stress, exams, jobs etc.
- It will help deal with stress and anxiety.
- I think it will help me deal with my worries in life, generally everthing, but mainly worrying about exams and prep and stuff because I often get stressed about things like that. I also hope to incorporate it into sport, haven't tried that yet but with cricket next term it could prove handy.
- with sport and getting sleep at night. the i found that the course was beneficial in helping calm me and helping to let me address my prolems. this is why when im next in as stressful situation i will use it for help.
- For sports - focusing before an important event, phsycing up for a game.  
For stress or exams, concentrating with breathing techniques.  
Even mediatation - thinking deeply, and getting in the right mind set.
- It will help me with sport and music as well as when (if) I am having a fluctuating mood.
- It will help with nerves before a sports match or public speaking and also clearing my thoughts while i try to go to bed
- an find some time to yse the techniques regularly, i think they will help with especially calm sleep and generally being happier
- 'Beditation' sometimes helps with sleeping, and generally body scan/ 7/11 breathing technique helps with calming myself in stressful situations
- getting to sleep  
sport  
coping with stress
- The '7,11' exercise we learnt is capable to calm me down greatly, therefore i think it will be able to achieve the purpose of steadying my mind in the future.
- Sometimes when I am stressed or worried, probably in exams or even in work in the later future, I will tell myself to stop for a second (.b), take a deep breathe (7-11) and observe what is going on in my mind.
- In facing Stress, which many adults take their whole life to learn how to deal with. More devlopment on the mindfulness 'path' would help me to be able to combat that stress more effecively
- Being more calm. Helping me find that calm.  
Jason Robinson, when he met Viaga'tugamala (sp), said he noticed that his playmate had this 'inner peace' that he realised he was searching for. It inspired him to talk to him and ultimately turn from drinking his problems away and becoming a christian. This story still inpires me today and it one i plan to use in responce to 'why are you a christian?'  
You might want to reaserch this more and use it in your talk if you'd like. I found the story in 'Sport: God's word to the world of sport' (or something like this) a new testament bible that quite recent.
- With sport, and with though HWs
- It helps me get to sleep and calm myself
- it will help me sleep better and work better in exams
- Probably help when major exams are looming over, otherwise, I have my own ways of coping with stress
- If a day has gone from bad to worse then maybe I will use it.
- to calm down, help my focus with exams and other important matters. In my opinion, that is the most useful part of the course and I would stress it, as boys will actually use that part of the course in real life.
- Well definitely when im stressed out... and worrying i would calm myself down and think what i can do to solve this problem
- To calm self or reacting in tight situations where quick thinking is needed
- When i am not thinking straight i will just stop and breath, also if i need to concentrate, for example, in exams i will do the 7/11 exercise.

- When ever I need to calm down or need to focus, I use some mindfulness techniques as it does actually calm you down and help you focus and concentrate.
- Although there has been no reall chance to try it, it will hopefully calm me down and also before exams. Apsrt form that i will proberbly not use it. Although we were told before sport to calm us down and concentrate us, to be honest we shouldnt be calm before a match otherwise you are unlikely to perform properly if you are to calm and not fired up although it may help you concentrate.
- helps me deal with stress  
will help me to understand buddhism  
helps me "take a step back" from everything
- Will help to become calm in stessfull situations.
- Using the body scan to help to calm before exams, and using the sleeping scan to help me get to sleep.
- I think that it will help me before exams and sprots matches when I am nervous to help me compose myself and get into the zone
- I think it will help me calm down when I hvs a lot of prep to get done eg breathing exercise and do not ruminate and let it snowball.
- I think it will help me to remain focused and aware but I do not think I will be using what I have learnt from the mindfulness (Meditation, beditation) because I may forget the idea of the meditation after discontinuing the practice for any amount of weeks or months.
- For exams, to get to sleep, to calm before rackets and rugby matches, to stop myself worrying when I have lost something or done badly in an exam etc.
- Generally when i'm stressed during sports and lessons which i can gat very caught up in. It would also help me with my concentration before and during exams and play sport esp cricket.
- I think it could help me deal with stress and maybe helping me to relax.
- to calm myself before a stressful event
- I feel that the 7/11 technique will help me to relax and focus.  
Also, the .B will help me to stop and take a moment to relax.
- since starting this course i have been using the 1 minute breathing before and after prep and the 7/11 breathing before and after rugby training and rugby matches.
- It will keep me more alert when im tired.
- Stoppin me catastrophising, and also along with other things it has helped me realise a few things about me as person.
- It has particularly helped me in sport.I have already used the 'pause and breath' technique in taking a penalty flic in the semi-finals of a hockey tournament. It definitely worked.
- In sporting situations.  
Before an exam or a play i might take a 7-11 or .B
- If I ever feel overwhelmed or pressured by stress or anxiety, I will do some of the mindfulness methods. It worked when I did it before my French Oral GCSE as well.
- I think It will help a cosiderable amount as I have already found it useful in sporting situations, I now quite often before a football match ".B" just to relax and think about what i want to do in the game. Also I used a body scan just before my first ski race for the school and it totally relaxed me.
- it was really helpful doing the 7 11's at the start at and at the end of prep because it really helped me to concentrate on my work. I will also use it today if it goes down to penalty flicks against hillside in the house match final.
- before matches  
when i am gaming sometimes  
to calm me down
- When I Get Stressed, Or When I Need To Concentrate On Something.
- Before a public exam or job interview I think the .B concept will help me calm myself down and be able to perform better than if I was stressed out. I feel the body scan will not benefit me as much as I found it difficult to concentrate on specific parts of my body. Beditation was useful for me as it will help to sleep better as in the past I have had difficulty getting to sleep.
- I found that it helped me to relax. and stop worrying about the past and futer and made me focus on the present. it helped me to stop and take in what was happening at the very moment. if i continue to do it i think it will help me to sleep as i have sleeping dificultys.
- Doing shooting as my sport I need to learn how to control my mind, and to only think about what I am doing and discourage my mind from being the 'playful puppy' and to control my heart beat more effectively, like with the 7/11. Also when having a small operation or injections the 7/11 helped focus my mind and will continue doing so.
- I think this will benefit me a lot in the future particularly in hich pressure situations such as standing on the blocks about to swim or about to enter a queens match at racketd or before a penalty flick etc. And most importantly i will use it before an exam to calm down.  
And i will also use it if there is something partticularly stressing me that i want to get out of my mind.

**6a. In the future, which TWO of the following do you think mindfulness would be most helpful with (please only select 2!)**

Coping with stress/anxiety/worrying	25	22%
Calming and relaxing me	23	20%
Helping with sport	17	15%
Helping me concentrate in exams	14	12%
Helping me sleep	12	11%
Coping with feeling sad/low/down in the dumps	11	10%
Dealing with anger	4	4%
Helping with music	4	4%
Feeling more connected/'spiritual'	2	2%
Feeling happier and more fulfilled	1	1%
Helping me get on with people better	1	1%

**7a. Which TWO of the following techniques do you think you will use the most in the future?**

7-11	26	23%
Mindful breathing (paying attention to sensations of breath)	19	17%
.b (or pausing and breathing)	16	14%
Noticing your "stress signature"	14	12%
Beditation	10	9%
FOFBOC (seated body-scan)	8	7%
Listening to thoughts as sound (i.e not as facts or as being 'true')	5	4%
Walking more mindfully (slowing down just a little)	5	4%
Seeing thoughts as clouds passing through mind	4	4%
Counting breaths in one minute	3	3%
Mindful eating	3	3%
(blank)	1	1%

**8. Which of the following statements do you most agree with?**

It's unlikely I'll ever use mindfulness techniques in the future	4	7%
I might use them now and again	33	58%
I think I'll use them quite often	20	35%

**9. Which of the following statement would you agree with:**

I don't want to learn anything more about mindfulness	4	7%
I don't really mind	25	44%
I'd like to learn more about mindfulness	28	49%

**10. How would you rate the length of the course?**

Not long enough	8	14%
About right	36	63%
Too short	13	23%

## 11. How would you define mindfulness?

- A way in which you can connect with your inner self. Whether it be spiritually or helping deal with proper everyday problems.
- Getting calm within yourself. Being aware of your surroundings. Not letting things wind you up.
- Learning how to control your emotions and feelings so you can get more out of what you already have and achieve more from what you already know.
- Using the mind to explore the body
- Stopping and thinking about who you are and your surroundings and trying to think about the present moment, not worrying about the past or future.
- relaxing and accepting what is happening around you, for example, if there is a pain in your foot, you don't ignore it but accept it, this 'apparently' will ease the pain.
- To know more about how the mind reacts to external changes and how to deal with the reactions. It's also about being aware of the present moment and pulling your mind back from straying thoughts.
- The coming to your senses, noticing more things around you, but also what can affect you. Observing, but then also accepting it.
- Finding your inner-self, and understanding what makes you angry but also what calms you. Also dealing with emotions, and controlling your thoughts and body.
- Being able to be aware of what state your mind is in. Generally being aware of being aware.
- Getting into a state of mind when only things that are happening around you and your body are observed, all worries and anything else on your mind are cast into the shadows and you live in the present moment only observing your body and surroundings.
- A way of helping a person calm and focus themselves and their minds.
- A whole new, currently mildly ignored subject, in which the disciple learns how to use his mind for all situations.
- It is the study of our thoughts (mind), how it works and how to be more aware of it
- understanding and being in control of your mind
- becoming more aware of feelings, emotions, sensations and life in general
- Relaxing into yourself and trying to think about what you do: doing things CONSCIOUSLY rather than just running through your every day life in a rush: trying to slow down and OBSERVE what we are doing
- Being in the present moment. Stopping your mind from buzzing about other random things.
- 'Mindfulness is a mental state, characterized by calm awareness of one's body functions, feelings, content of consciousness, or consciousness itself are occurring within mind. ...'
- Mindfulness is basically the understanding of oneself and how our own brain works. Through this mindfulness course, I realize how many times in the past I have been worrying myself through coming up with stories. I also pay attention to my daily routine more, such as my own breathe, my own walking and even more stress signature.
- Mindfulness is part of coming to terms with your own mind. Instead of being controlled by your senses and your desires, to take control of your own mind and learn what things that can help you with. The mind is a tool, but it's often the least trained one you have. Mindfulness accomplishes this.
- Thinking about your thoughts
- To realise the present moment and observe the mind
- becoming aware of your day to day tasks and objects that you use without thinking
- being aware of things around you that you may have not noticed before, i.e. sounds that you wouldn't normally hear
- A minor escape from what can be an average day, making it a little better.
- The total relaxation of the body, being in control of where your 'consciousness' is.
- calm and relaxing...
- A way to enter your mind and understand how it works and being able to learn to control it.
- Mindfulness is when you are in the moment and not worrying or thinking about the past or future you are concentrating on the here and now.
- A technique to help you relax and focus.
- A way of pausing and watching what is going on and calming down

- inner spiritual thinking and observing
- A way of teaching me about my mind.
- Mindfulness is the process by which you internally focus on your body and try to forget about everyday annoyances and sounds. Mindfulness also helps you to appreciate all the small things in life.
- Helping you to appreciate the little things that you would otherwise miss in your day
- Helping you in certain areas or situations which you may find yourself in.
- Being able to understand why you feel stressed or why you feel emotions such as fear and anger by taking a step back and looking from all the different points of view and the possibilities that reveal themselves. Also, being able to understand any pain you feel through your body and how to isolate and concentrate on it.
- What goes on in your mind and how you can control it. How you can bring your mind back to the present instead of it charging around in your head like a monkey.
- getting to know your mind and being able to control and observe it in your own personal way.
- Being aware of ones self.
- the use of techniques to be aware of things going on around you.
- Calming, relaxing and focusing
- bringing peace and calm to your body through the act of breathing slowly.
- calming, spiritual, and inspiring
- To become aware of things you haven't really been aware of before.
- A technique which allows one to calm down or 'de-stress' in relatively short amount of time.
- Thinking in the present and focusing on bringing the mind back. Calming yourself down. Experiencing the present sensations.
- Savouring each sense you feel and accepting any negative thoughts or sensations but letting them not stress you out.
- Mindfulness to me is, "noticing the world around you instead of just letting it rush by."
- i have found mindfulness to be a way of concentrating on a moment in time, specifically one which i find very important and needs my full attention.
- this is how i calm myself and concentrate - focus and become mindful about your actions and what you are doing.
- Mindfulness is becoming aware of your body and the power of your mind.
- I would define mindfulness as focusing your mind on one specific detail and preventing yourself from being distracted from other thoughts. It is a way of calming yourself down when stressed out.
- something that helps me control my emotions and feelings. it is something that stops me thinking about what is happening tomorrow but what is happening today.
- I would say it is the practice of controlling your mind and keeping mind and body separate
- i would define it as something that would calm me down when i am nervous or in a tense situation. It is something that keeps me in the right frame of mind instead of worrying.

12. After week 1 you were asked to count your breaths before and after prep. How often did you do this practice

Never	9	16%
Once or twice	40	70%
Three times or more	8	14%

13. In week 2 you were asked to download the 'body scan' file. How many times did you listen to the 'body scan' sound file?

Didn't try to download it	13	23%
Wasn't able to download it	11	19%
Listened to it once	20	35%
Listened to it two or three times	12	21%
Listened to it almost every day	1	2%

14. In week 3 you were asked to listen to the 'beditation' sound file. How often did you do this?

Didn't try to download it	12	21%
Wasn't able to download it	8	14%
Listened to it once	23	40%
Listened to it two or three times	10	18%
Listened to it almost every day	4	7%

15. Was it right for us to ask you to do the 10 min sound files in weeks 2 and 3, at the start of the course, or would it have been better to ask you to do this in weeks 6 and 7, when you understand a bit more about mindfulness?

Better at start of course	13	23%
Better towards end of course	18	32%
Doesn't matter	26	46%

16. If you listened to the sound file(s), what did you think of the voice used?

Very Good	1	2%
Good	16	28%
Okay	29	51%
Poor	3	5%
(blank)	8	14%

Monotone

relaxing and doesnt distract you.

Not really bothered.

no, it was fine

it was fine warming voice of a strong hearted man.

After getting use to Mr Burnetts voice i found it really hard to ' identify' with this voice.

I thought the voice was okay as I did not think it made that much difference. I knew what was coming and I just used the voice as a queue.

Got a bit annoying after about 5 minutes...

quite calm, but boring in a sense.

it was good--clear and at the right pace.

Fairly normal, once it became familiar it was fine.

Instead of concentrating I try to picture the person who might be saying it = distraction

It sounded too robotic and not fluent which was quite off putting.

A bit too dull

The voice was very harsh sounding on the beditation prep. It could be a softer voice to make you relax more.

I feel that his voice was too harsh and so that meant that it was slightly harder to focus and so that would have been better with a softer voice



It was indifferent and calmly commanding which may have caused me to come out of the mindfulness.

I didn't really mind the voice

Mabye could of been slightly more relaxed in tone.

I found the actual words useful and they helped me relax but the voice was a bit harsh.

not really, i didnt really notice the voice i was concentrating on what it was saying.

bit too drony but it doesn't really matter

Very soothing

18. In the week after lesson 4, how often did you remember to do the "chinchilla challenge"... eating a mouthful mindfully?

Never	11	19%
Very occasionally	32	56%
Usually at one meal a day	13	23%
Quite often (most meals, most days)	1	2%

19. In the week after lesson 4, roughly how many times did you 'b' somebody?

Never	5	9%
Once	8	14%
Two or three times	19	33%
Quite often	11	19%
Frequently	14	25%

20. In the week after lesson 4, how many times did you do the "house of easement" (toilet) mindfulness challenge?

Never	24	42%
Once	15	26%
Two or three times	11	19%
Quite often	5	9%
Frequently	2	4%

21. After week 5 you were asked to walk one stretch of about 10m mindfully. How often did you do this?

Never	13	23%
Once	18	32%
Two or three times	16	28%
Quite often	8	14%
Frequently	2	4%

28. In the various breathing exercises did you find it easier to concentrate on your nose or your belly/chest?

Belly/chest	23	40%
Nose	34	60%

## Looking at the course as a whole, what did you most like about it?

- ✓ The idea of being calm without any worries... like a samurai or ninja.
- ✓ The issues which affect me the most, were the easiest and most likeable lessons to do. For example the ones about stress, attention and the sport fields, were the easiest ones for me to use and appreciate.
- ✓ My favourite parts were the discussions afterwards and the shockball exercise.
- ✓ How every week the subject changed, and so overall, we were able to learn about many different things about mindfulness on the whole.
- ✓ Learning about how the mind works and realising how long I had been on 'autopilot' and I felt that this would be useful in the future with sport and work. It was also a good feeling when you were being mindful and I got a lot out of it that I could use in the future.
- ✓ The shock ball game, learning how to be aware of the present
- ✓ The fact that I learnt how to deal with stress etc and how to be in the present moment. The chinchilla challenge was also helpful as eating sometimes becomes an automatic thing and this really helped me to be in the present moment.
- ✓ How you started to notice more things, what makes you happy or what makes you sad. Particularly effective with eating the raisin, really could notice things about something, which is usually just shoved into your mouth.
- ✓ I liked the calming feel that it gave. It felt like a nice 'break' in a busy week. I liked the way you could calm down and get a grip on what had happened in the previous week.
- ✓ I liked the more enjoyable exercises, such as the shockball game. I also liked being able to deal with stress and anxiety about stuff like exams, especially as we did the course straight before doing a French exam.
- ✓ Everything, not only what we learnt but the general chilled atmosphere which helped me relax and take a step back in the hectic 'bridge' lifestyle. But in particular all the exercises to do with calming and dealing with worries.
- ✓ The way it calmed me and let me have a break from the busy and constant week of lessons. It was good to have a time where we could relax more.
- ✓ The opportunity for reflection in an otherwise packed schedule. The idea of being able to find a place of higher concentration, in which I would be able to achieve higher in sport and music.
- ✓ The mindfulness techniques can be applied in my daily life. On the whole the lessons are enjoyable.
- ✓ I learnt something totally different to what you expect to learn and I probably wouldn't have learnt it anywhere else
- ✓ Slowing down and realising what I was missing by us speeding through life. Helped me sleep
- ✓ Noticing how our attention wanders, and observing in some aspects the way the mind functions: how we worry about things which really ARE nothing and how we can control this and stop worrying about what is going on and just carry on, having noticed what is happening and endeavouring to stop it if we don't want it to happen.
- ✓ Good lesson during the day to relax. Encouraged me to use the mindfulness.
- ✓ I like the course itself because it is quite interesting and unique. The course was far better than I had expected (before my first lesson) and in particular, I like the practices we do in the class because it proves itself to be working, rather than just all theory based.
- ✓ What I like most about the course is that I realize more about how brains work. I am pretty stressful at times and I am easily nervous, due to academic, sports, music and other aspects. I realize that sometimes I am just scaring/worrying myself too much as my brain is simply coming up with stories which aren't necessary true. In addition, I realize that I haven't been paying enough attention on various simple things that happen in our every day lives, such as our breathes, the food we take in or even going to the toilet.
- ✓ The calmness it brought and the break it gave during the middle or the end of the week. The information I picked up on different eastern cultures and learnt stuff about things I had never even heard of before. I learnt that actually I am not in control of what I think about but I am distracted by life and my mind is pulled by different sources that grab my attention and force me to stop thinking about what I was originally doing.

Secondly, I think the idea of 'being in the zone' was very interesting. I came at it from an angle

which you had overlooked, for i believe that I am quite familiar with the idea of being in the zone and it has happened to me infrequently on the sports field. In fact i always find that during exams i 'get in the zone' and get into a state which i don't leave until i finish the paper. I am often able to write far more than normal: more intelligently and with ideas that i learnt years and years ago or picked up from random unrelated sources that help me in the exam. This state is normal brought on by the mixture of both excitement and nerves, but i figure that it could be 'artificially' induced and very helpful in the future.

- ✓ I look at things in a new light
- ✓ It taught me how to calm myself which I had tried but failed before the course.
- ✓ being able to keep calm and observe my surroundings
- ✓ the relaxing lesson in between the more stressful ones
- ✓ A time in the day in which thoughts could be reflected on, trying to emphasise the better ones and eliminate the worse.
- ✓ It helped me to relax fully, which is rare in my busy schedule.
- ✓ I liked how it gave us time to rest and take a break from all the stress throughout the week. Sometimes Coding at night made you tired the next day so you have to rest.
- ✓ Resting and calming the mind after a stressful day, breathign exercises which did help.
- ✓ Gave me time to relax and stop worrying about prep and class.
- ✓ The relaxing and calming breathing exercises.
- ✓ understanding a lot more about mindfulness and calming down and not worrying so much (ruminating)
- ✓ the videos, the mindful eating and the relaxation compared to the other classes
- ✓ the first 3 weeks where we did the body scan, i found this the easiest exercise to complete.
- ✓ I liked the fact that we were able to take time during a day and just sit back , relax, and try to just forget everything on our minds. It was nice to leave everything behind, and concentrate on the smaller, less appreciated thing in life.
- ✓ The thing that I liked most about the course was the fact that i was a very nice break from what we normally do and it is highly applicable to the normal life that we lead and so htis is one very important thing that we think that we can take away from our school lives knowing that this will help us in future
- ✓ Learning the new techniques of mindfulness and watching the video clips. Also I quite liked the silence.
- ✓ I liked learning how to meditate and search through all the tension that was in my body and my mind.
- ✓ The chinchilla challenge. .b's. mindfulness breathing because it made me calm. The relaxed fashion of the lessons was good as there was a period to we could completely let go in.
- ✓ Mainly being able to relax after a long day and be able to use things now in real life it was almost a life changing experience.
- ✓ I liked seeing how thoughts appered in my head and seeing how the body reacts to a stressful situation.
- ✓ i learnt a lot and can use some techinques learnt
- ✓ Writting down all the ides which popped into our head onto the peice of paper.
- ✓ i enjoyed doing the 'home' practises because they heklped bring the week's lesson round and helped it to sink in to my head.
- ✓ the fact that you could sit there and not worry about whats going on around you.
- ✓ it help in letting me step back and aid me in my mental changes i have had recently
- ✓ Helped me in everyday, pressurised sport or whether i am anxious or worried.
- ✓ Opening my mind to a new practice. Noticing how useful thinking in the present is.
- ✓ It was very useful and is a good lesson for the future.
- ✓ The change in the style of the lesson, compared to other lessons.
- ✓ I really liked the silence lesson and the 7 11's because those are the two i will be taking on and bringing more and more into my life.
- ✓ I liked being calm and thinking about what I was thinking about, just in general being mindful was a nice experience but I was just getting into it around week 8.
- ✓ The change from the regular stressful lessons and being forced to write and think alot, and just the fact we could be in silence for a while.

- ✓ I liked the way it taught ways in which I can quickly relax and focus my mind on one thought. This will help in the future with exam stress.
- ✓ The fact that it was different to the rest of the day, it was also something to look forward to. and it helped me focus and relax. also it helped me cope with tiredness at night.
- ✓ It was the only time in the week where I could relax and clear my mind.
- ✓ I liked that it was a nice and relaxed lesson but not that it has actually helped me to deal with intense situations as well and it helps me to have a little time out and all in all it helps me feel calmer and more content that I have control over my mind.

### Looking at the course as a whole, what did you least like about it?

- ✗ I wanted to do a bit of meditation or something of that nature.
- ✗ I did not like the mindful walking and standing lesson, because it was so easy to forget what it was that we were doing and just let the mind wander off and to think about something else.
- ✗ I think we did too many FOFBOCs in the first few weeks.
- ✗ .b- because not everyone will take it seriously if loads of texts with ".b" in them went around, and so there needs to be less focus on this method as a whole.
- ✗ I found some of the later lessons not very useful because they were just too complicated and I think that more time spent on perfecting the earlier techniques would have been more useful because the early exercises helped me the most.
- ✗ some lessons were a bit boring: too much talking
- ✗ The .b challenge because I thought it was really difficult to stay still in the middle of the day and just stop your flow of your life. I also thought that things like the chinchilla challenge was much more helpfully to make sure you are in the present moment.
- ✗ The home practices - they just didn't work for me. Probably because we are at boarding school, but I just kept on forgetting about them or I could not be bothered to do them.
- ✗ Watching the presentations and listening to everyone else's responses for such a long time. I didn't feel that I needed to hear what everyone felt. A minute or so would be fine, but when you are giving 10 minutes to hearing about other people's thoughts, I feel that the time could be spent doing more productive things like more meditation.
- ✗ Probably the FOFBOC exercises because I found that they didn't really help me stay calm, and I did not find them very enjoyable
- ✗ not much really. if I had to pick something it would be the mindful walking because I think I would rarely use that in everyday life.
- ✗ the voice was often off putting while trying to concentrate. If the teacher ran through what should be done at different stages, and then rung a little bell every few minutes instead of talking during the exercise, it would be easier to meditate.
- ✗ The lessons might work even better if there were a fewer number of students per class
- ✗ it was very repetitive and the classroom was very cold
- ✗ the over use of powerpoint presentations, not enough practice time to achieve calmer mind, I had barely slowed down and got into a rhythm when the lesson was over, did not find the slide shows useful at all
- ✗ Some of the things we were set to do at home, like the 'Chinchilla challenge', as well as the mindful eating and walking: I walk to get somewhere to do the next thing I don't think that it is particularly something which needs to be thought about...
- ✗ some of the lessons in the middle were too similar: FOFBOC, mindful eating, mindful standing. I want to learn about new different things about mindfulness. More lessons (eg. Wednesday activities?) to encourage people to do it more and to teach us in more detail.
- ✗ We should be 'given' the prep rather than be asked to do the prep because the reason why I did not have a go at the first exercise is because I could not be bothered to download it. So if we are 'given' the prep (sent?), maybe I would at least have a go at it.
- ✗ On a whole I really find this course useful I don't really have much that I don't like. However, I find it hard to put these practices into real life situations, probably because our lives are so busy and continuous that I am not ready to take a break off it. There is also a weird thing about me, that during lessons and other times, there are always sudden thoughts which come into my mind, and I am too into this thought that I have no idea what is going on around me for like a minute or two.

- ✘ The alien nature of some of the far eastern techniques such as samurai walking (although i liked the Tom Cruise clip) and FOFBOC took a long time to familiarise myself with.
- ✘ being distracted while FOFBOCing
- ✘ Sometimes failing to realise the present moment as lots is going on around me and it drives my attention away
- ✘ coming to your senses because you had to worry
- ✘ If you just had a bad lesson, it was hard to let go and relax in the techniques given
- ✘ Eating raisins (Not my favourite food)
- ✘ Doing the exercises for VERY SLIGHTLY too long, literally about 30, 40 seconds too long, as after this point, it becomes increasingly difficult to 'bring the puppy back'. Also, it ran into break sometimes.
- ✘ I thought that it went on for too long and i didn't really know what was the point of most of the lessons. I appreciate the free time we had to rest though. And also during the lesson you could stop thinking about anything and just fall asleep or calm down
- ✘ too much talking about it - things were pretty obvious and some were already practiced.
- ✘ It over ran into break time a lot.
- ✘ The Zen walking as I didn't feel anything that was abnormal or focusing. I also found it quite boring as I didn't feel anything.
- ✘ sitting still (FOFBOC) found it uncomfortable and hard to concentrate maybe different surrounding outside the classroom would help
- ✘ the constant mindful thinking and the little class discussions (that went on for a long time) about what each person felt of the mindfulness course.
- ✘ Too many instructions.
- ✘ I didn't like the walking because there is no easy point in the day when you can do this, and I didn't like writing my thoughts in the cloud because I kept having to come back to reality
- ✘ I feel that we needed to have a longer course so that we could get deeper into mindfulness to come up with many different techniques that we could use to normal life and also some of the things that we did I didn't find that helpful
- ✘ The lessons were quite long (running over time) continual FOFBOC
- ✘ The shockball game that forced worry onto me and made me very nervous which was uncompromising and hard to control.
- ✘ It could be boring at times.
- ✘ I found it hard to FOFBOC on a few occasions esp when i was really tired- i often found it uncomfortable when i wasn't in the mood.
- ✘ The samurai walking
- ✘ raisin lesson, i don't like raisins
- ✘ FOFBOC
- ✘ lessons were too far apart; one lesson a week was too long of a gap.
- ✘ you can get bored if you don't try and do it properly
- ✘ sometimes too quick
- ✘ Some of the lessons were boring as we didn't actually do all that much, but that may have been because i was tired.
- ✘ Found it really hard to be quiet. Found all the body scans hard to focus on.
- ✘ Nothing.
- ✘ That the lessons were too short so they were quite often rushed.
- ✘ As i have said the first lesson i found the least fun as i was not fully committed to the course at that time. But going back over it i would have liked to do the first lesson again to revise what we did.
- ✘ I didn't like sitting and trying to keep straight and I just kept slouching. This was very hard to do and I had to put the cushion behind my back instead of sitting on it.
- ✘ Not sure, it was all ok nothing much to "dislike"
- ✘ The shockball exercise was not one I enjoyed as I think it had the opposite effect on me and made me more worried and stressed about the prospect of being shocked.
- ✘ it was too short, just like this sentence.
- ✘ There was nothing I disliked about the course except perhaps that a video camera was present; it made me feel a bit nervous.

- ✘ What i least liked was the fact that we did too much FOFBOC and to be honest that is the thing that worked least for me and so all that happened was i got frustrated and in one of them i fell asleep.

### **Any other comments about how the course went?**

- ❖ Really enjoyed it and wanted to do more.
- ❖ I was very happy with the course and I am sure I will use many of the techniques later in life. I am sure that many people will use this for sport but I find this very helpful for exam stress.
- ❖ Overall, it was useful enough, as small tips on how to control the mind went well. For example, mindful walking was useful in that we could practice this everyday and it was relaxing too.
- ❖ very interesting.
- ❖ it would have been better if we had the lessons at the end of a long day to ease the stress instead of in the middle.
- ❖ It only works for some people, and therefore I don't think it should be forced into the timetable. I do think that everyone should try it as some stage though.
- ❖ I thought it went well. I learnt good techniques - 7-11, .b and mindful walking. Fofboc and concentration on certain areas of the body was useful for when you wanted to calm down.
- ❖ really good. hard to choose things that i didn't like.
- ❖ Nope, very good
- ❖ helped me sleep; computer games before bedtime worked me into extreme annoyance by the time we stopped, this made it very hard to sleep, meditation counteracted this perfectly
- ❖ I found the course generally quite enjoyable although at some points it did tend to become a little boring...
- ❖ More active things would be fun (preferably before doing mindfulness as it makes us tired). For example exciting us and then calming us down. Teaching us how to control our emotions. eg. Fear, we could watch a scary movie.
- ❖ I was strange because WH1 almost became another world in which i felt totally separate to when i was outside the classroom. This was both cool and unnerving. Made a great difference to the normal divinity lessons. However, i really enjoy the normal divinity lessons with their morality subjects and things which i look forward to returning to.
- ❖ good as a breather from normal lessons, otherwise, not something that i would do on my own.
- ❖ Overall fine, could have used a bit more FOFBOC practice.
- ❖ After a couple of lessons, it got kinda boring and i felt that it went on for too long... this made the lessons kinda boring and i felt that the final few lessons were kinda a waste of time as i knew how to calm myself down.
- ❖ It was good and worth the while but the puppy training was definitely worth it.
- ❖ Good but perhaps more active lessons not so much sitting and FOFBOCing
- ❖ The length of the course was about right.
- ❖ The course was interesting because it gave me an insight into a world i had not really thought about
- ❖ I think that the sessions should be more regular as at times it was hard to keep up the practice from one week to the next, some of the practices were a bit weird and not particularly enjoyable
- ❖ It was quite useful as a taster and picking up the techniques.
- ❖ I didn't like the use of sound files much. The meditation sound files pulled me out of meditation just as I was about to get into 'the zone' every time which was annoying. The meditation sound file was boring and given that the exercise was to be done before bed, I simply fell asleep before completing the exercise.
- ❖ it wasn't just meditation- it included eating and the shocker ball.
- ❖ I enjoyed it very much.
- ❖ was good when i could be bothered to work, other times i wanted to sleep.
- ❖ good fun and i felt happy within the environment we have completed the course in.
- ❖ More lessons on separate topics so that you don't always do eg. FOFBOC continuously.
- ❖ It was interesting and really enjoyable

- ❖ It went well through most of the lessons but as i said earlier one or two of the lessons were fairly boring. More raisin or shock ball tests would be nice as it gives something to the lesson. But overall i enjoyed it.
- ❖ Enjoyable experience.
- ❖ I found it easy to focus.
- ❖ N/A
- ❖ for the first few lessons i found the camera at the back of the class a little bit daunting as well as a distraction. But as the course went on it was much easier to start ignoring the camera.
- ❖ not really
- ❖ Nothing really.
- ❖ On the whole I feel the course went very well apart from the shockball exercise which I found not at all helpful.
- ❖ it went well i enjoyed it. some of the exersizes were harder to do than others.
- ❖ N/a
- ❖ All in all i think i benefitted from the course and although i don't really realise that yet it will really help me with my stress levels and to control my mind in exams.  
And i think that my sports will benefi9t a lot from it. But the most important part for me was i found the lessons enjoyable.

### 34. Any ideas / suggestions for how we might improve the course in the future?

- Maybe do some sort of spiritual side to it. Or a fofboc outside in the wind? that would be cool. Or in sun.. or rain. It would be an interesting sensation.
- Maybe if you focused more on the uses for the techniques and instead on some of the preps got people to try and find an everyday scenario where they would find this useful. I know that I would have found that more helpful.  
Thank-you.
- Make the course more interactive- maybe a computer software/website? Or something else as interesting or else many people tend to find it a little boring, and maybe don't do the home practice. One problem is that people may not take the practice seriously enough.
- spend more time focusing on the breathing excercises and the rumination and less on the later excises and i also found it quite distracting how we kept being interrupted with new tasks to do. so if instructions were given at the start of the lesson instead of during it.
- you can interact more with the studants, or add a few different exercises, we did to many FOFBOOC exercises.
- Make the home practices more different to make it easier for boys to do them. I think the lessons could be a bit longer as well, as half an hour to take everything in is a very short period of time. Also make it optional (such as like a Wednesday activity?), so the people who don't find it effective do not have to do it.
- Perhaps do the course in smaller groups as a lot of people creating noise can lead to a loss in concentration. Create/teach more shortened exercises so that people can do them quickly. Perhaps not enough time or privacy to do a full fofboc etc. in the middle of the school day i.e. more exercises like the 7-11.
- I feel that people would probably enjoy the course more irf there were more practicals to do that were like games, such as the shockball exercise.
- Trying to enforce home practice a bit more, I didn't do much of it because I couldn't be bothered and I imagine most people approached it like this. With hindsight I would have like to do a bit more but wasn't really enforced to.
- more activities and maybe more lessons in a week.
- Perhaps make a leaflet summarising each week to provide a memento, and a reminder.
- It might be helpful if there would be a fewer number of students per class
- try if possible to spread out the fun things like eating the shock ball game and writing down your thoughts. Also it would be better in the summer as it was hard to concentrate on the walking when it was freezing cold
- mr burnetts voice was more relaxing than the sound tape voice, a new voice actor??

- More mindfulness practise itself (body scan, thinking and observing, 7/11 etc) in lessons, perhaps with some of the theory: learning HOW to do the different things, played down a little more in some places, especially as the techniques for many of the different things seemed to be similar if not the same (slow down and observe it)  
Also, Mr Burnett could perhaps record the audio tapes used between lessons (his voice seemed more relaxing and easier to listen to generally)
- Making each lesson new and different will help keep interest.
- Has to make sure that students actually do the home practice, because most students probably only get the chance to do it once or twice perhaps since they are too busy in academic and sports activities or sometimes they just forget it.
- As I said before, my Jason Robinson story.
- it was very good but hard to find time to do the exercises
- free cake? (sorry, stupid suggestion)
- None, well structured course, easy to relate to.
- Perhaps more exercises of silence and concentration on breathing, those were calming.
- Make the lessons more fun as it was kinda boring towards the end. and it was so predictable. I thought by making the lesson more interesting and instead of sitting down all day, it would make it way more fun than it was. (the electric shock ball lesson)
- give more time for FOFBOCing in classes and don't give so many instructions when tellign us to clearmind because that just distracts us and when we clear our minds not enough time is given for us to actually see what it feels like.
- Perhaps give us more of a chance to do it are self instead of being told what to do.
- Maybe skip the Zen walking as I didn't find it very useful. Also if it is possible have a different voice for the meditation as it was quite off putting.
- more group involvement like the shockball game
- I would prefer that Mr Burnett (while the class was meditating) would not go through all the parts of the body and would not speak at all (therefore the class would be more concentrated and would notice silence more)
- more practical work, less instructions.
- Get rid of the walking, and try to get people to concentrate on certain objects in their minds. This makes them concentrate. Ask them what they see/feel.
- In future if it were possible to make the course longer and more indepth into mindfulness so that we could get further and more meditation would have been helpful
- Shorten the lessons and allow for more silence and thought for yourself.
- more food in the chinchilla challenge session such as chocolate.  
and maybe drinks like herbal tea to get in the mood or turkish tea as its nice and makes you feel meditative.
- I think that short more frequent meditation periods and also showing how we could use this to better effect in the real world.
- More group activities like the shockball test.
- more things like the shockball that pupils will enjoy
- More games
- none.
- maybe do some physical exercises before FOFBOC so that the pupils are not feeling tired when they start, and therefore concentrate more.
- more lessons spent on one precise area to focus it, easier to grab the concept.
- Less instructions during the meditation and perhaps put what we have learnt into practice.
- Not as many instructions from the teacher during the body scans. Maybe make the course a bit longer. not as many home practices, as people may not be bothered to do them.
- NA
- I think you should do one or two FOFBOCs on the grass outside in the sun as I think it will be more effective.
- As well as the house of easement challenge and the other ones that lesson you could include a gaming one where they have to stop gaming and .B themselves, this would probably appeal to loads of boys.



- make it longer
  - more silence
  - double lessons
  - maybe some sitting on the floor in class
  - or lying on the floor in class
  - do it somewhere else, i didn't like the shed
- Something that has more of a obvious taste than a single raisin, perhaps a skittle or something.
- I think that perhaps they should have been more movement activities as I am an active person and I prefer to move around than sit down as I become frustrated that I cannot move. But maybe that's just me.
- Make it longer, to the raisin exersize with chocolate instead.
- No video camera and double sessions not just singles.
- i would recommend less FOFBOC and when we do do FOFBOC i would recommend that the teacher doesn't talk too much.

- ✓ Favourite
- Most Useful
- ✗ Least Favourite

## 1. Puppy Training (exploring how attention works, noticing the wandering mind)

- ✓ Helped me to forget about things that were happening/ going to happen
- ✓ I found it the most effective lesson and I thought the rest weren't as useful as the Puppy training as you could notice a difference in focus.
- ✓ I liked it most probably because it was my first lesson and it drew my interest and attention to the subject very quickly.
- ✓ it was quite a relaxing lesson as we just came back from the holidays. As the term got more stressful, i found it harder to do these things
- As it was the first one, it was a good introduction to mindfulness, that woke everyone up to the fact that the mind is a tool and actually it is currently controlling how you behave and doing its own thing. Stop letting your mind be independent of you. Puppy training was very eye-opening and helpful.
- because it enabled me to stay in the present moment instead my mind drifting off the whole time so it will be useful in exam situations for i will be able to focus more because my mind will not drift off.
- Because it can help in exams and things which are needing of attention.
- Because it gave the most noticable difference in how to calm yourself as the breathing exercises involved were calming and it made focusing very easy.
- because it made you aware of the wandering mind, and helped you to control it --- the idea of the puppy was a good reference.
- Helped me to forget about things that were happening/ going to happen
- In that lesson, we learnt, to me, one of the most important exercise/ practice - the 7-11. To me, 7-11 is the most effective, simple practice and it can be used in many different scenarios.
- it calmed me down when i felt stressed out.
- it was basically all you needed to know. everythign else seemed to be just 'forced'
- To ge t a firm grasp on the subject right at the beginning.
- ✗ At that stage i was unaware of how much i was going to like the training and therefore the first lesson i was less interested then i was in the following lessons.
- ✗ Didnt feel like we were going anywhere and a bit boring but still useful in the long run.
- ✗ it was new and i didn't know what to expect
- ✗ The first lesson was hard for me as I wasn't used to being so quiet!

## 2. Turning Towards Calm (the first full FOFBOC lesson)

- ✓ Gave me a chance in the day in which I could relax and have no other worries. Also it was an opportunity to catch up on sleep!
  - ✓ Generally just thought of this one as the calmest lesson: most relaxing where I could concentrate the most on 'my own mindfulness', where I could more get on with doing it myself (some later lessons seemed to be more talking; learning ABOUT mindfulness, rather than actually practising it)
  - ✓ I felt really good afterwards and all the other lessons couldn't compare to the way I felt afterwards.
  - ✓ I found that the FOFBOC help me find any areas of pain in my body and it helped me to relax a lot better.
  - ✓ I just felt it was the most easing and relaxing thing we did. For me it was the only thing that I felt I had never experienced, it was incredible and quite surreal and I will incorporate it into future life.
  - ✓ It is the most useful to me and helps calm myself, I'll use FOFBOC the most in the future
  - ✓ It was the first, and perhaps only, real mindfulness that we did. The exercises were useful. I preferred doing the exercises rather than presentations and videos.
  - ✓ It was the simplest but the one I learnt the most from because I felt there weren't other things to worry about and I found this helped the most in getting over stress.
  - ✓ Either 2 or 7. They made me realise how jumbled up my mind was and how I was worrying over everything. I use to constantly write stuff on my hand and have a mental 'to-do' list and it was very stressful. I learn to let it go and watch them pass through my mind like clouds. Although I must confess I still have stuff, right now, written on my hand as a 'to-do' list.  
Number 2 because of the 'inner peace' that I talked about earlier
- 
- A new approach to concentration.
  - as above, it was simple and easy to understand but I got the most out of it because there weren't other things to distract me
  - as it was the first time I had deeply concentrated on parts of my body
  - Because it is the most useful exercise in mindfulness and helped to learn how to be calm and collected, something I did not know how to do before.
  - because it helped to calm me and take me away from the busy week that we had had.
  - Essentially for the same reasons, I would also pick lesson three as it helped me more at ease with situations which I now realise I sometimes blow out of proportion.
  - Getting nervous or being unable to sleep occurs to me the most
  - it can calm me down and I will and have used it
  - it helped me concentrate more
  - it is something that needs to be done often often so it's good to get the hang of it
  - It was the most useful in terms of getting you to realise everything else.
  - see above
  - sometimes when you're stressed at school you just want to relax.
  - We learnt to actually 'do' meditation, not the 'theory' behind it.
- 
- ✗ confused about what FOFBOCING is...
  - ✗ I didn't like FOFBOCing
  - ✗ I just found it really uncomfortable because I was ill.
  - ✗ uncomfortable! also made me feel really sick and weird
  - ✗ It just wasn't as helpful.
  - ✗ It was hard to stay still.
  - ✗ it's not really I just had to pick one.
  - ✗ There was too much of this and by the end of the lesson I was fidgeting too much and I was getting frustrated because I could not stay still it would have been good if we didn't do quite so much of this FOFBOC but for the 1st 10 mins or so it was good.

### 3. Coming to Your Senses (Recognising how we ruminate and catastrophise)

- ✓ It added to the process of self realisation I have been having recently.
- ✓ It calmed me a lot and i believe that this is the area which i'll be helped by most.
- ✓ It was interesting and something that tends to happen to me in pressurized situations.
  
- As it helps me when I am stressed to observe and accept, and not ruminate my worries.
- Because I could relate to it easily.
- can be useful in certain situations
- helped me calm down and understand more
- Helps me calm down when stressed esp when i'm looking into the future
- helps you to understand how things become catastrophised and how to stop it.
- i always ruminate and believe my mind so this will help me a lot.
- I felt that this lesson helped in learning about WHY we worry and what happens (Snowball Effect etc) when we do so, how we can stop ourselves doing this worrying, which was particularly helpful.
- I have always been someone who scares myself off by coming up stories in my mind, for example, why does my friend doesn't reply my text or why does my friend don't say hi when we meet in the corridor. After this lesson, I have learnt that it is our natural instinct of the brain to come up with stories of what is happening around us, and I am telling myself not to think too much but to just let life flow.
- I often catastrophise things as there are many things running through my mind. Lesson 3 helped me to focus on just one event rather worrying about potential outcomes.
- It will and does help me the most.
- Now i can control my worrying.
  
- ✗ far too much presentation, lost interest quickly
- ✗ I don't like worrying so it didn't help me.
- ✗ Relatively boring
- ✗ very repetitive

#### 4. Being Here Now (The Raisin Exercise)

- ✓ Because it helped me to observe the small details of life more, which I didn't do at all before.
  - ✓ Because it was interesting trying to concentrate on such a medial thing and it made me aware that I was not often in the present moment.
  - ✓ I liked pretending I was an alien and I didn't know anything about raisins. (I like raisins).
  - ✓ I think it is the thing which I took most from the course.
  - ✓ It made me appreciate my food more
  - ✓ It was fascinating to really take great notice of something I normally just eat.
  - ✓ It was interesting to appreciate food in a different way.
  - ✓ Made me understand we do things that we do not realise we are doing in day to day life such as eating, which made me think more about what I am doing and how I will do things. I also liked the raisins.
  - ✓ Raisin.
  - ✓ Raisins taste nice and it helped me to concentrate on one thing, not many.
  - ✓ The method (eating raisins mindfully) is interesting, more appealing and more enjoyable
- 
- calming.
  - don't know
  - gets your mind to focus in the present moment and not think about past or future events...
  - I can eat better
  - I found it helped me relax when I was doing sport.
  - I think it is the thing which I took most from the course.
  - It showed me I was taking advantage of certain things and not savoring the moment.
  - It taught me to go with the flow- something I do much more now.
- 
- ✗ I don't like raisins
  - ✗ I don't like raisins.
  - ✗ I don't like raisins. Also being able to feel being in the present moment wasn't that helpful to me.
  - ✗ I felt that some of the things in this lesson (mainly 'eating mindfully') didn't really seem to have much of a purpose, or opportunity to be used or be helpful in later life: in some other lessons the skills learned could, I think, actually help with relaxing etc but this lesson seemed to have less of a focus, and eating is something which I don't really think needs to be 'savoured' and done 'mindfully': it is just a simple, normal thing which we do everyday.
  - ✗ I found that this wasn't as helpful as it could have been and I didn't really enjoy the lesson
  - ✗ I hate raisins.
  - ✗ I was ill and so didn't attend this lesson.
  - ✗ It is difficult to realise the present moment when the nice taste of the food fills up the mind.
  - ✗ Too similar to the FOFBOC and mindful standing lessons. I would rather learn something new and interesting.

## 5. Slowing and Flowing (Mindful standing, mindful walking)

- ✓ As it was the most calming, but also as it was outside, it was easier to do it with the fresh air.
  - ✓ found it most relaxing and most eye opening to how much we ignored in life (also lesson 4)
  - ✓ I enjoyed doing the mindful walking as it was different to all the other lessons, and I enjoyed the change.
  - ✓ The standing and walking allowed me to feel the way my body worked without me and how it corrected itself.
- When walking gave me chance to stand back and take in the surroundings instead of just being inside my thoughts and worrying about bad things.
- ✗ Because I didn't feel anything happen, like calming or focusing.
  - ✗ Because in a busy lifestyle it is difficult to just instantly remember to stop and walk slowly or stand still. I don't think I will use this one.
  - ✗ Don't see the point in using mindfulness to walk etc. It only worked for me when I was sitting down, concentrating.
  - ✗ I find mindful walking really hard. I tried doing it on my way to lesson, on the maths corridor. I can't concentrate at all. I am easily distracted from what is going on around me, and even worse thoughts just always come to my mind.
  - ✗ I was not too sure of the point of this lesson --- what does mindful standing and walking do for you, in terms of mindfulness?
  - ✗ it didn't really help me to focus and become calm
  - ✗ It was very hard to try and keep your concentration going.
  - ✗ Somehow the mindful walking and the slowing down pace of life didn't really help me as I couldn't really fit it into my life. I'm constantly in a rush between lessons and I enjoy walking walking fast. Taking that 'half an inch' off my pace might help me but I found it the hardest to do by far. I suppose I just began to switch off when I thought that it didn't apply to me, or it wouldn't be helpful.
  - ✗ This was my least favourite because I do not think I will find it very useful as it just seems to be getting the same result as .b but it is just a lot longer to use and not very practical if you are away from your house.
  - ✗ We didn't do much in the lesson
  - ✗ While the aspect of doing normal things like walking but mindfully was interesting and potentially very useful, I found it very hard. Perhaps more time could have been spent on this.
  - ✗ You felt out of place and I didn't think I would do it unless I was spiritual

## 6. Stepping Back (Listening to thoughts as sound, writing thoughts in clouds)

- ✓ I like the idea of your mind as almost a separate entity that one could observe at work, and thus from there learning how to deal with it.
- ✓ It was the 'funnest' lesson and i really enjoyed it. I found lesson 3 the most useful though.
- ✓ This was a very relaxing lesson and made me appreciate the sound that I often don't pick up on normally
  
- Found this most helpful and i believe i will use this technique the most in later life.
- It helped me lose some of my thoughts and stop thinking about things I didn't need to think about.
- It was the one that i found calmed me down the most and let me focus on what i was being told, i now use that technique when i cant get to sleep.
  
- ✗ Because I already tend to do that anyway, and looks into what I was thinking.
- ✗ I did not really understand it.
- ✗ I found it very hard.
- ✗ I thought it was a bit boring. Not really much meditation. I don't really feel that i need to know my thoughts from that one minute.
- ✗ it was boring with not enough excitement
- ✗ to much outside noise for me





## 8. Pulling it all Together (Reflecting on what you have learned and writing yourself a letter)

- ✓ In that lesson, I remember myself unable to stop writing. All the thoughts that have always been pondering in my mind suddenly come together. In the letter, I put down a lot of my stress and my views on life. However, I realize that a lot of my views have gradually changed after the course, such as how I should solve my stress, how to take a break from high concentration work and daily routine and the importance of observing what is happening around us every day.
- ✓ The easiest to concentrate in, using everything that we have learnt and putting it into practise.
  
- It allowed me to think over all that I had done and make myself aware of how it had all happened.
- It reminded me of all the various things learnt, and I remembered to try other exercises again.
- It summed up all the mindfulness techniques I have learned and reminded me of how I should use them now and in the future
  
- ✗ Didn't do anything new. Every lesson I enjoyed exploring something new.
- ✗ I didn't do this one and the others we all good.
- ✗ No point writing something you already know onto a piece of paper which will just be thrown in the bin when you read it not having any impact whatsoever.
- ✗ The end of the course
- ✗ When we receive the letter later, it will not really have much effect on what we will have done.
- ✗ Wishing no offence, but I found this the most patronising and pointless lesson