

Pupil and Teacher Comments about .b

“One student stopped me in the corridor to say how much she enjoys the sessions and that she feels overall much happier than before she started.”

“Teaching the course is a wonderful re-enforcement of my own practice each week. The days I teach mindfulness I find that I am generally so much more mindful throughout the rest of the day. It's like a little prompt to keep going. I have found it to be inspiring for myself and other members of staff.”

“Students have reported doing a .b before ‘reacting’ to a teacher, thereby preventing making a situation worse for themselves, in other words responding rather than reacting.”

“Children have commented on using it at times of difficulty such as when in hospital or at the dentist. Some children have been able to use the practices to help them sleep better and for others it has helped to stay calm when disagreeing with siblings.”

“I get frequent anxiety attacks, but they're getting bearable thanks to the .b meditation courses.”

“I think the best thing about the .b course is that it teaches me how to keep focused on the present and not worry about the past or the future. “

“The moving mindfully course really helped me because I am an active person (dance and athletics) and it has helped me get over stage fright and perform better.”

“I found .b very accessible and full of concepts easy to grasp and applicable to school life.”

“I would recommend this course because, it will help your concentration, sleeping and noticing your everyday surroundings!”

“I felt really connected while taking part in .b and I feel like I can deal with a lot now and feel more in control”

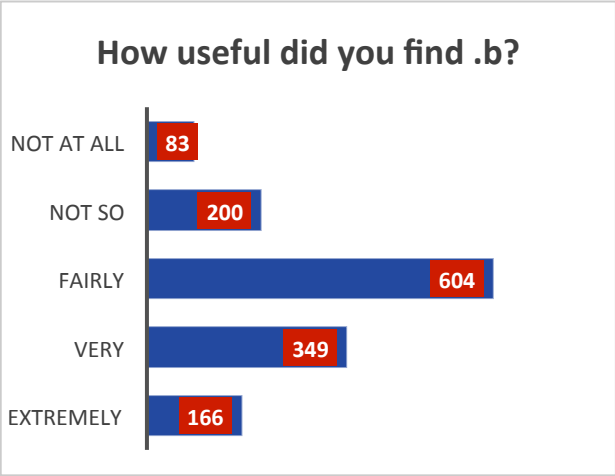
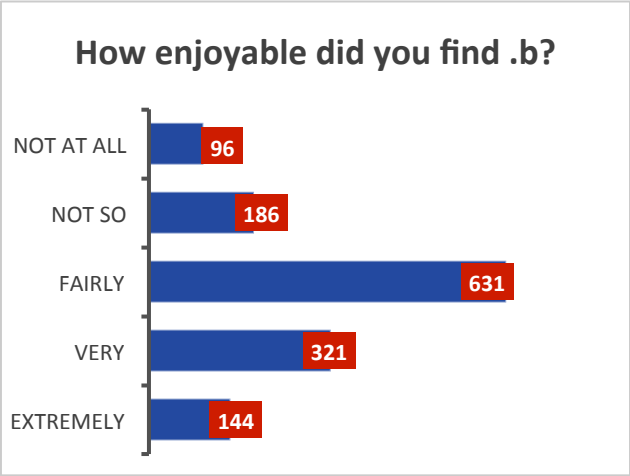
Pupil Perceptions of .b

1433
Students

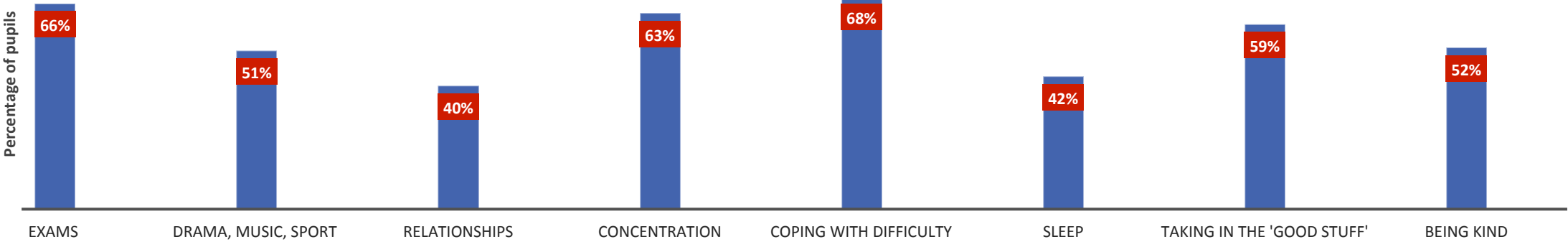
75% of pupils
would
recommend .b
to a friend

77% found the course
extremely, very or fairly
enjoyable

78% found
the course extremely,
very or fairly
useful



.b supported pupils in the following ways



Teacher Perceptions of .b

67
Teachers

100% of teachers would recommend .b to a colleague

94% of teachers said mindfulness practice and teaching .b supported their overall quality of life

Teachers identified that .b supported pupils most with:
1. Coping with difficulty
2. Exams
3. Sleep

