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

77% found the course extremely, very or fairly enjoyable

78% found the course extremely, very or fairly useful

How enjoyable did you find .b?

- NOT AT ALL: 96
- NOT SO: 186
- FAIRLY: 631
- VERY: 321
- EXTREMELY: 144

How useful did you find .b?

- NOT AT ALL: 83
- NOT SO: 200
- FAIRLY: 604
- VERY: 349
- EXTREMELY: 166

75% of pupils would recommend .b to a friend

1433 Students

.b supported pupils in the following ways:

- EXAMS: 66%
- DRAMA, MUSIC, SPORT: 51%
- RELATIONSHIPS: 40%
- CONCENTRATION: 63%
- COPING WITH DIFFICULTY: 68%
- SLEEP: 42%
- TAKING IN THE "GOOD STUFF": 59%
- BEING KIND: 52%

78% found the course extremely, very or fairly useful
Teacher Perceptions of .b

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

In your opinion, how does .b support your pupils?

- EXAMS: 91%
- DRAMA, MUSIC, SPORT: 82%
- RELATIONSHIPS: 86%
- CONCENTRATION: 83%
- COPING WITH DIFFICULTY: 95%
- SLEEP: 91%
- TAKING IN THE ‘GOOD STUFF’: 85%
- BEING KIND: 75%

How does your mindfulness practice and teaching of .b support you?

- CLASSROOM MANAGEMENT: 74%
- RELATIONSHIP WITH COLLEAGUES: 85%
- RELATIONSHIP WITH PUPILS: 83%
- COPING WITH PROFESSIONAL DEMANDS: 89%
- OVERALL QUALITY OF LIFE: 94%