

Pupil and Teacher Comments about Paws b

“Recently a Year 5 girl removed herself from class as she faced an academic challenge that she felt was too great. I found her outside her classroom practicing the finger breathing technique.”

“Lots of pupils used the petal practice or finger breathing at home to help them sleep and several parents explained that their children have taught them (and siblings) how to do the various practices.”

“I feel very lucky to be able to bring this curriculum and these skills to our children. It's a privilege to see children reach a point where the toolkit Paws b gives them truly becomes part of their lives and are the tools they reach for when they need them.”

“I observed one pupil who was extremely scared of swimming was able to identify herself that her amygdala was taking over and that she was snowballing out of control. She stood in the pool, took 5 deep breaths and swam for the first time without panicking.”

“I use mindfulness practices to give me energy, I have lots of activities after school and doing breathing practices has helped me to focus and enjoy each one instead of feeling tired all the time.”

“I was inspired by my teacher for teaching me how to do mindfulness that I actually wanted to try and do a session with my family and since then I've noticed they've made a massive improvement by being calm, all thanks to mindfulness.”

“Paws b helps me I am about to perform or if I am in an argument, in or out of school. Even if just I am worried about something, it helps me to concentrate and feel happier.”

“I hope that children in the future will find Paws b as useful as I did. Thank you for everything!”

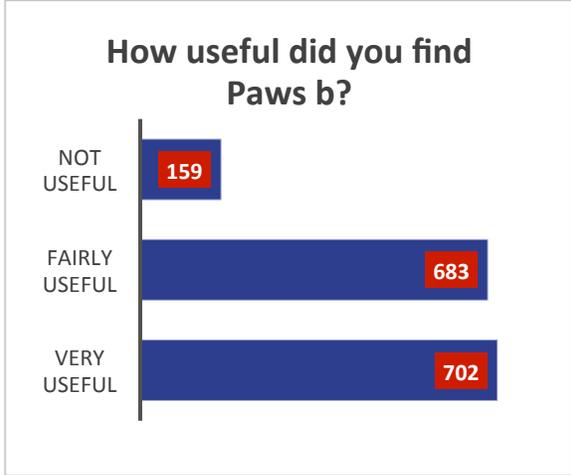
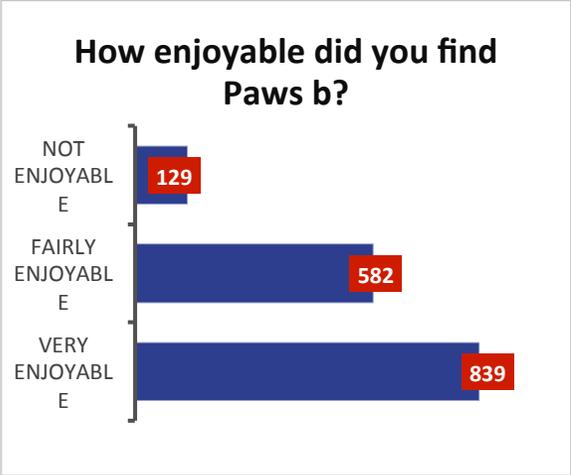
Pupil Perceptions of Paws b

1560 pupils

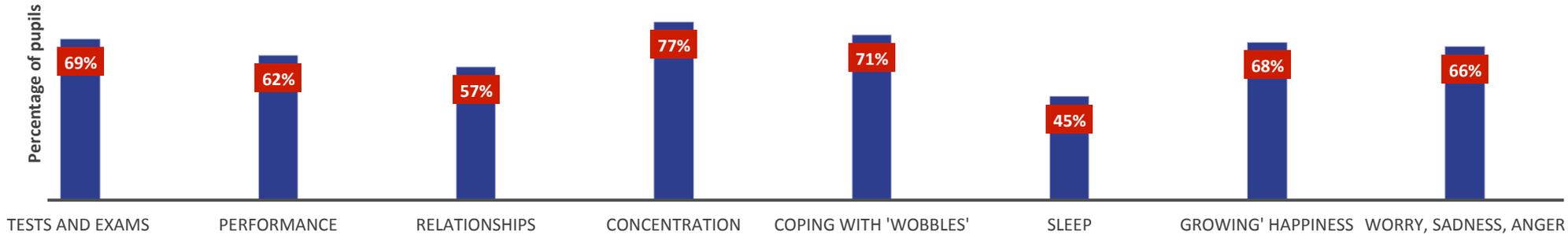
91% found the course fairly or very enjoyable

89% found the course fairly or very useful

85% of pupils reported that they are likely to use mindfulness again



Paws b supported pupils in the following ways



Teacher Perceptions of Paws b

77
Teachers

99% of teachers would recommend Paws b to a colleague

Teachers identified that Paws b supported pupils with:
1. Coping with 'wobbles' 2. Worries, sadness, anger 3. Relationships

96% of teachers reported that mindfulness and teaching Paws b supported them with professional demands and relationships with pupils

