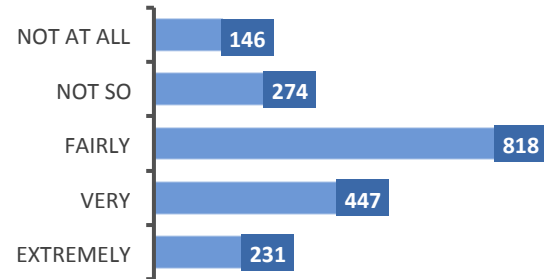


Pupil Perceptions of .b

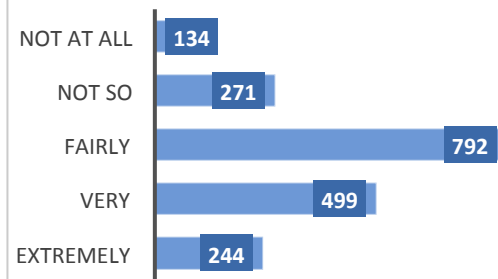
76% found the course extremely, very or fairly enjoyable

How enjoyable did you find .b?



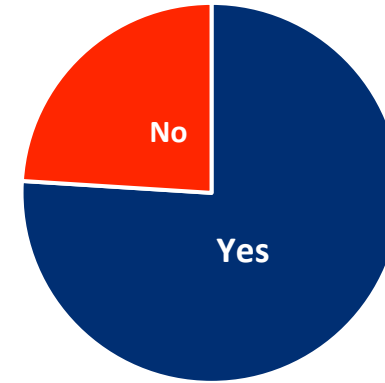
78% found the course extremely, very or fairly useful

How useful did you find .b?

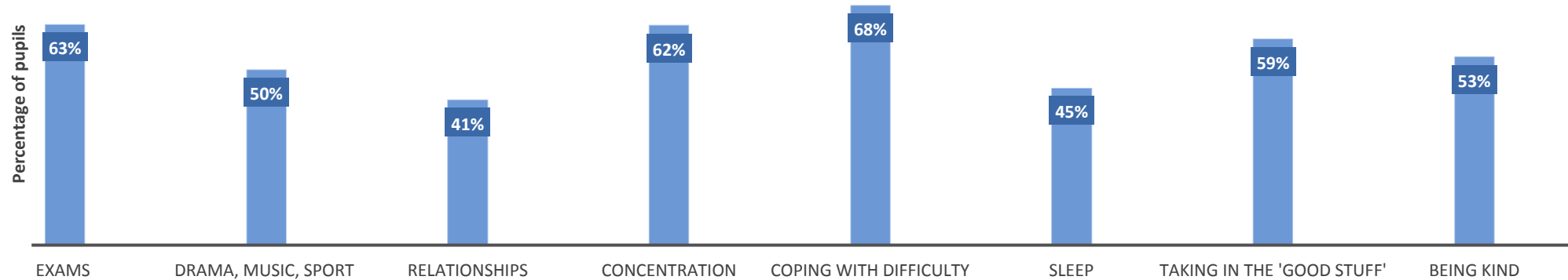


Would you recommend .b to your friends?

1968 pupils

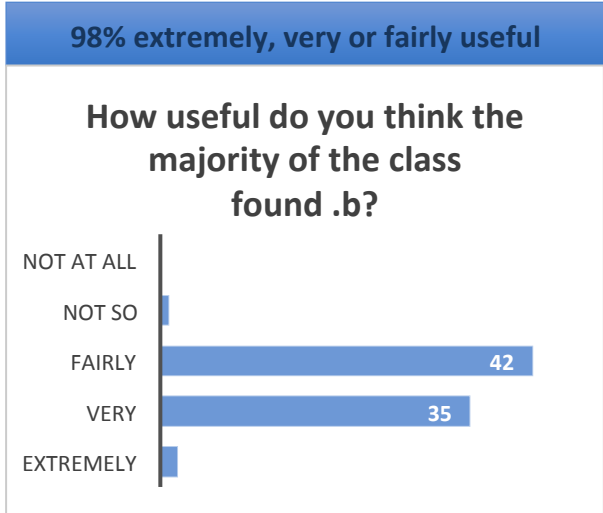
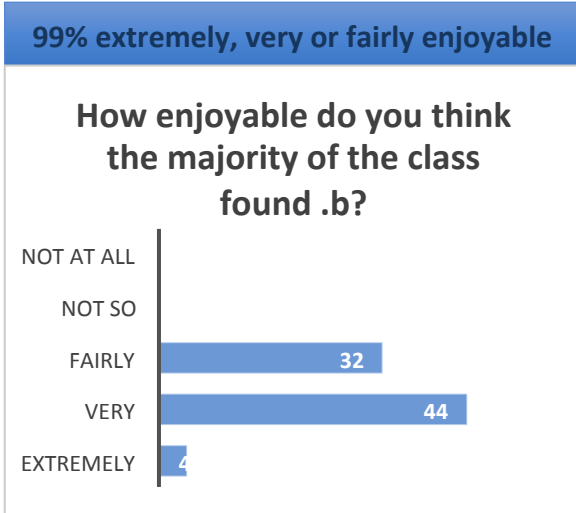


.b supported pupils in the following ways

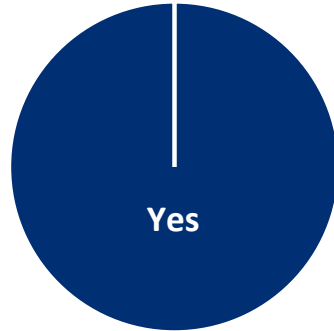


Teacher Perceptions of .b

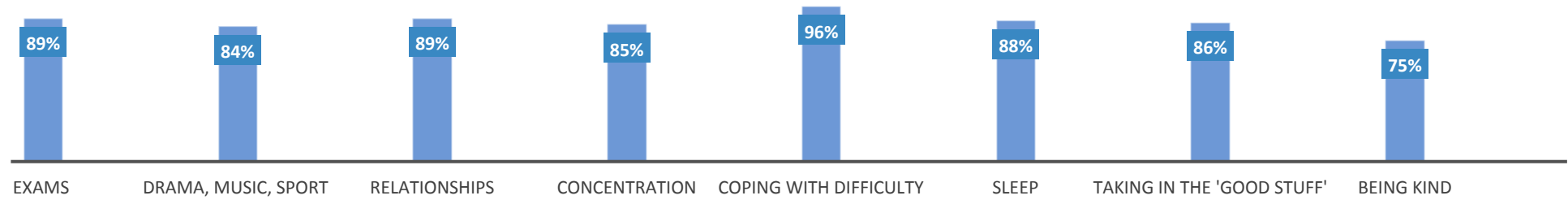
81
Teachers



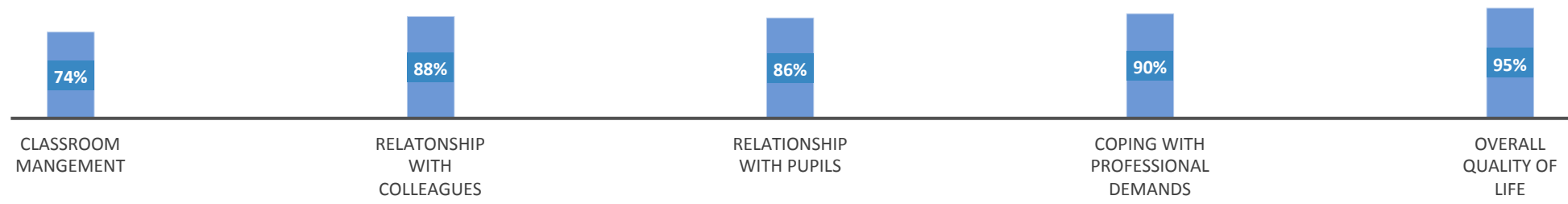
Would you recommend .b to colleagues?



.b supported pupils in the following ways



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



Headlines

99% of teachers said the majority of their class found .b extremely, very or fairly enjoyable

98% of teachers said the majority of their class found .b extremely, very or fairly useful

100% of teachers said they would recommend .b to colleagues

96% of teachers said .b supported their pupils in coping with difficulty

95% of teachers said mindfulness practice and teaching .b supported their overall quality of life

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”