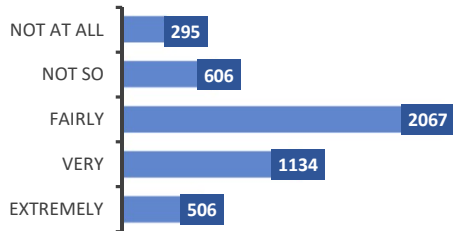


Pupil Perceptions of .b

Data from Nov 2016 to Aug 2020

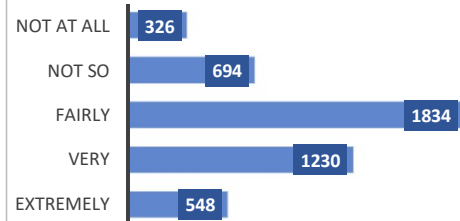
80% found the course extremely, very or fairly enjoyable

How enjoyable did you find .b?



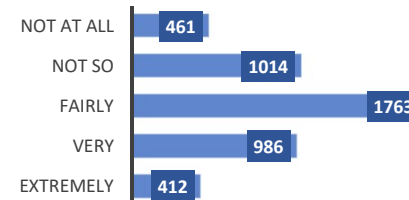
78% found the course extremely, very or fairly useful

How useful did you find .b?

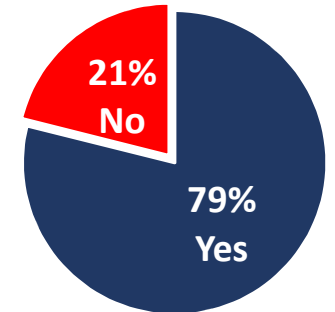


68% are likely to use mindfulness again

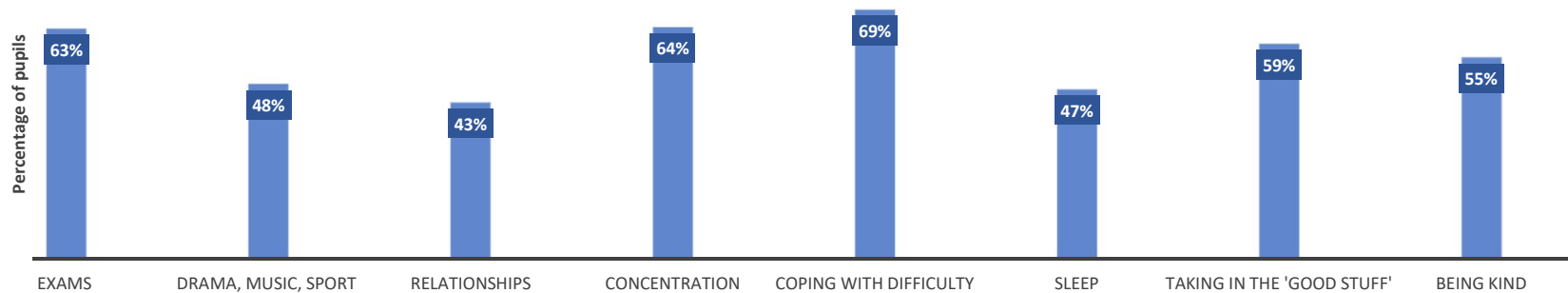
How likely are you to use mindfulness again?



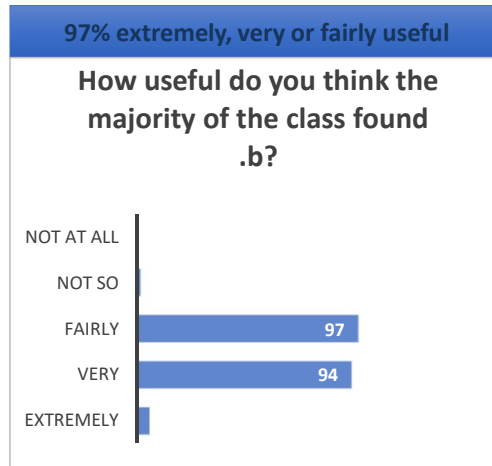
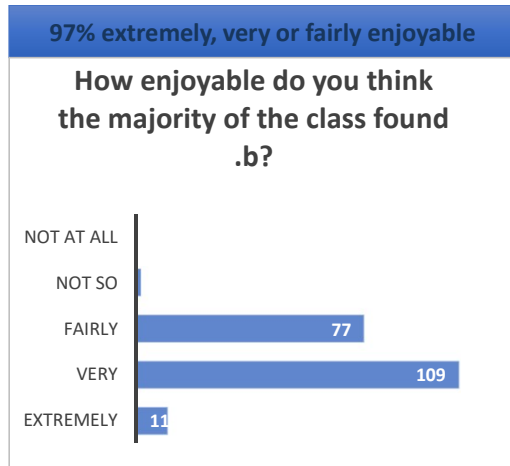
Would you recommend .b to your friends?



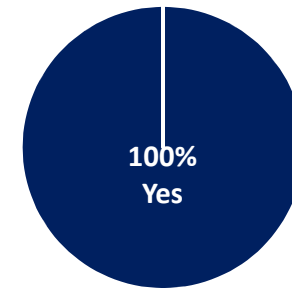
.b supported pupils in the following ways



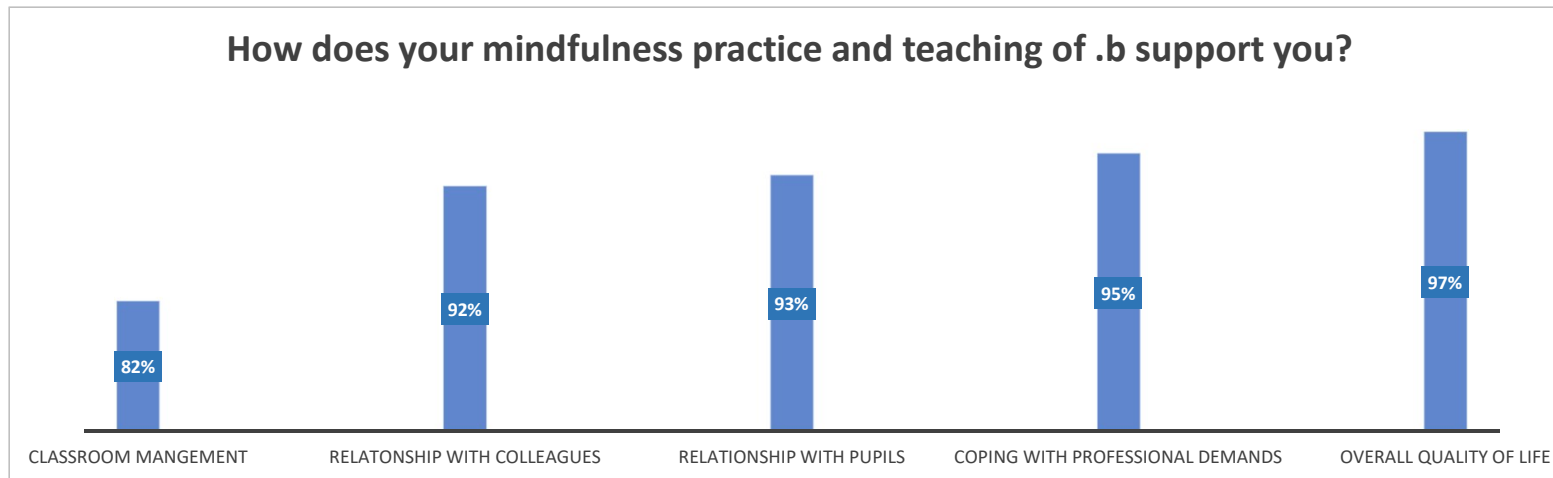
Teacher Perceptions of .b



Would you recommend .b to colleagues?



203 Teachers



Headlines

97% of teachers said the majority of their class found .b extremely, very or fairly enjoyable

97% 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

**98% of teachers said .b supported their pupils in coping with difficulty &
93% said it supported pupils during exams and coping with difficulty**

97% of teachers said mindfulness practice and teaching .b supported their overall quality of life

Teacher and Pupil Comments about .b

"I really enjoy teaching it and love to see the reactions on the pupils faces. The look of relief, calmness and the smiles are priceless. Helping with students' wellbeing in this way has been the most rewarding."

"It has already had an impact on the students and this can be seen by calmer more focused students. Students have said that the learnings from this course have also stopped some of them losing their temper or walking out of exams. Overall a very enjoyable course to teach."

"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. Also students have reporting doing the practices before important sports performances."

"Several pupils have said that they are better at responding to conflict and being kind to themselves. Some have been more aware of their moods. They often say that they have done a .b and it has helped them calm down. Sometimes they advise friends to do a .b!"

"I get frequent anxiety attacks, but they're getting bearable thanks to the .b course."

"If I get anxious, when a worry just comes, I do a .b standing up, I just breathe and feel my feet I can do it anywhere. This stops the worry being so sharp and jagged."

"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."

"The best thing was the meditation. That exercise was actually useful as it helped me sleep at night. It is something I'll take away from the entire course."

"It really helps with when I'm nervous about exams and I can just do a mindfulness activity and it makes me feel calmer."

"The best thing about doing the .b course was how useful I found what I learned in everyday life. I feel as though not only I benefited from my knowledge, but the people around me benefited from my new way of life as well."