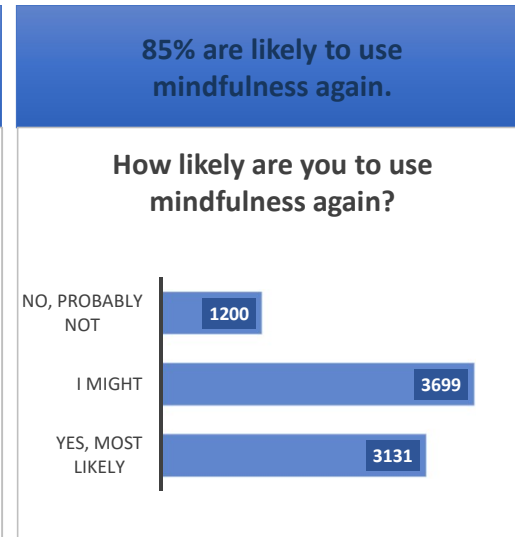
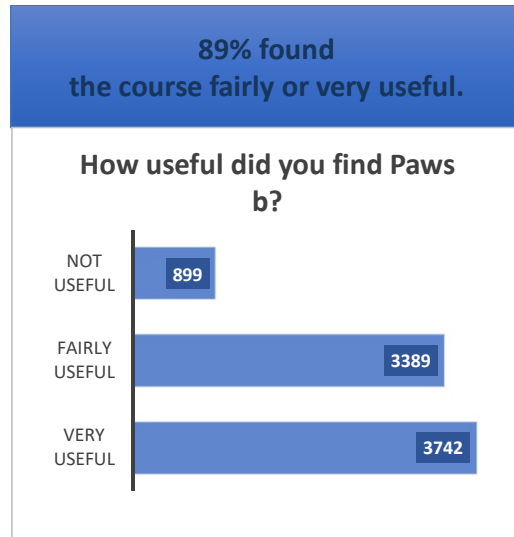
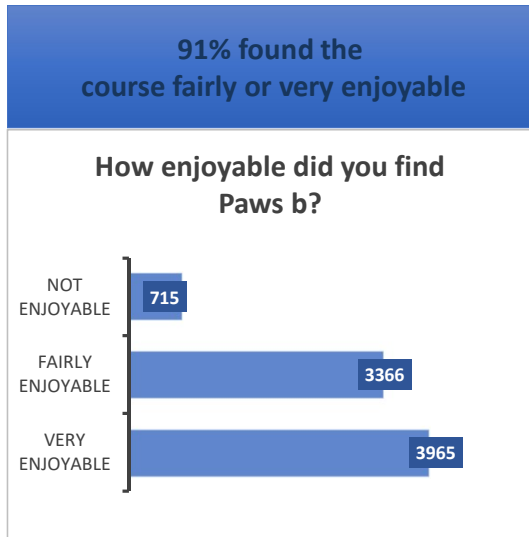
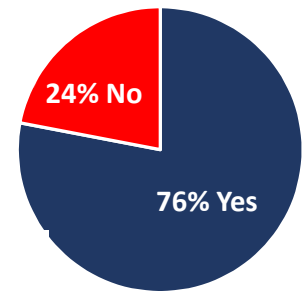


## Pupil Perceptions of Paws b

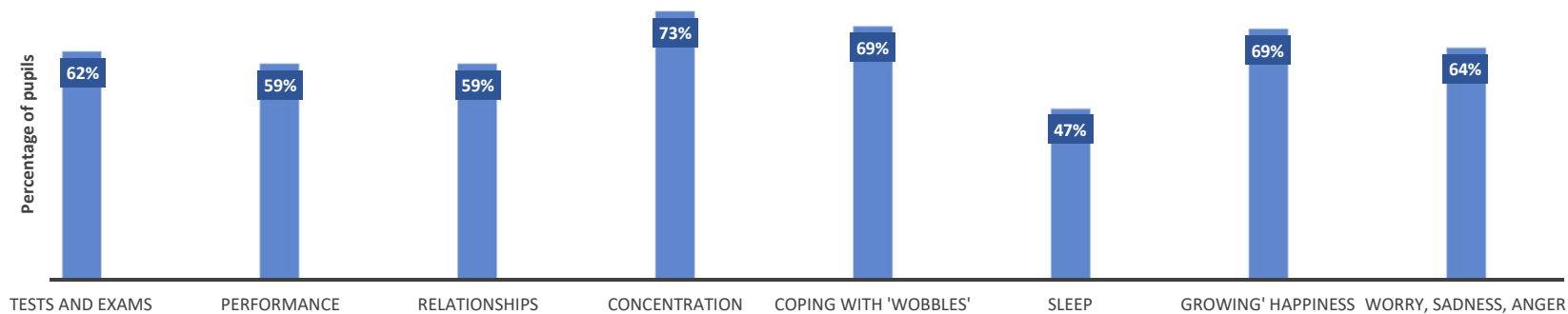
Data from Nov 2016 to Aug 2020



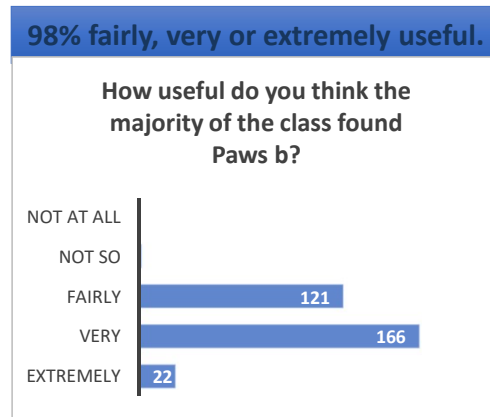
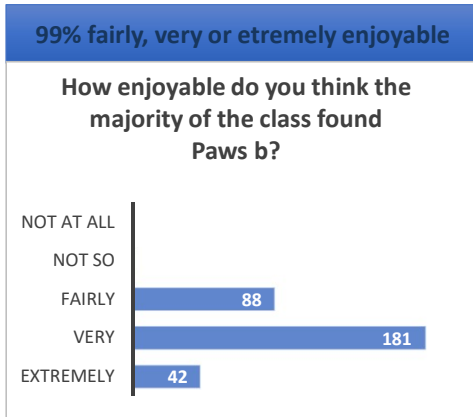
Would you recommend Paws b to your friends?



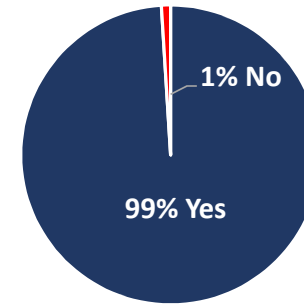
## Paws b supported pupils in the following ways



## Teacher Perceptions of Paws b

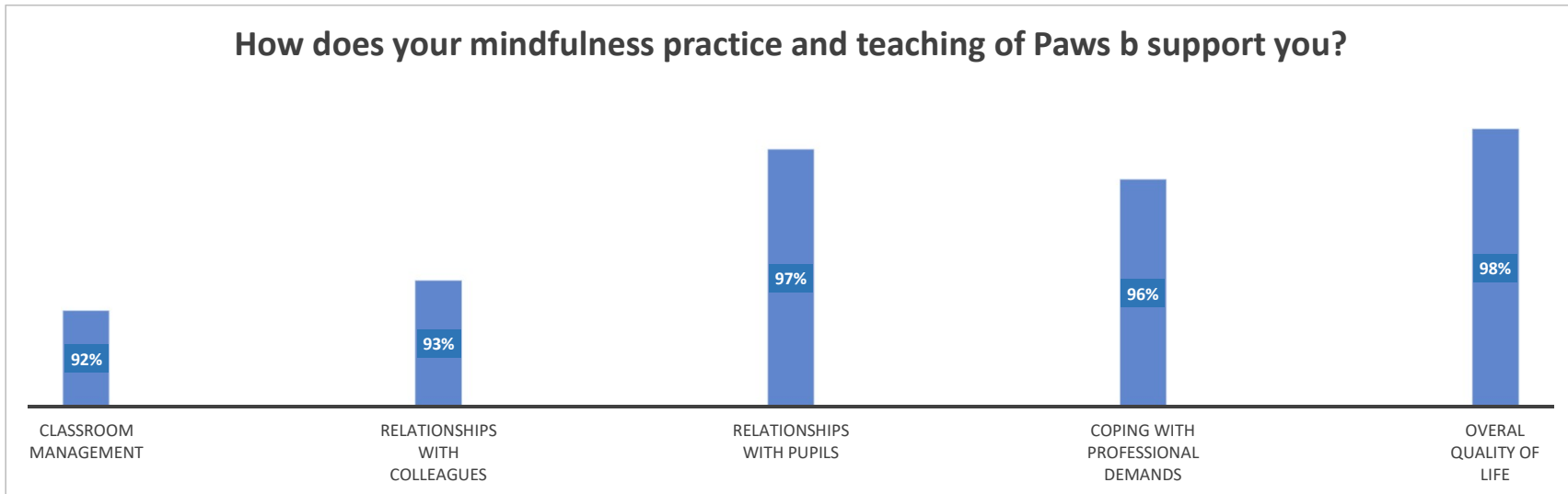


Would you recommend Paws b to colleagues?



314 Teachers

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



## Headlines

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

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

**99% of teachers said they would recommend Paws b to colleagues**

**99% of teachers said Paws b supported their pupils in coping with wobbles & worries,  
sadness or anger**

**98% of teachers said mindfulness practice and teaching Paws b supported them in their overall quality of life.**

## Teacher and Pupil Comments about Paws b

"Children told me they had used techniques in sports events and when they were nervous doing SATs. They were able to use practises to calm down when they got annoyed too. "

"Seeing the impact of children in difficult family situations has reaffirmed my belief that this is very important and vital work to be done with children and young people."

"The power point presentations are powerful and engaging. The science of learning about their brains had a massive impact in helping them understand how to respond thoughtfully instead of reacting to challenges. The techniques are practical and simple. "

"I think it is very practical, children understand it and can use it. It is a great foundation for further emotional literacy work."

"Having the knowledge and strategies so when i do feel nervous or angry i might be able to use them to try and help me calm down!"

"Making me feel more comfortable with making hard decisions, and it makes me calm before doing something big."

"It was very fun and it helped me sleep better I did it one night and it worked and I have used it since."

"I felt less anxious when doing things I didn't really want to do. Even if I still felt anxious I would calm down afterwards using Paws b."

"It's good because you can do it anywhere, anytime and you don't need any materials."

"Learning different exercises and useful tips for times when i am stressed or angry or upset. i think they could come in useful for may be important events in the future like exams."