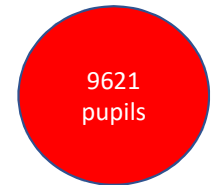
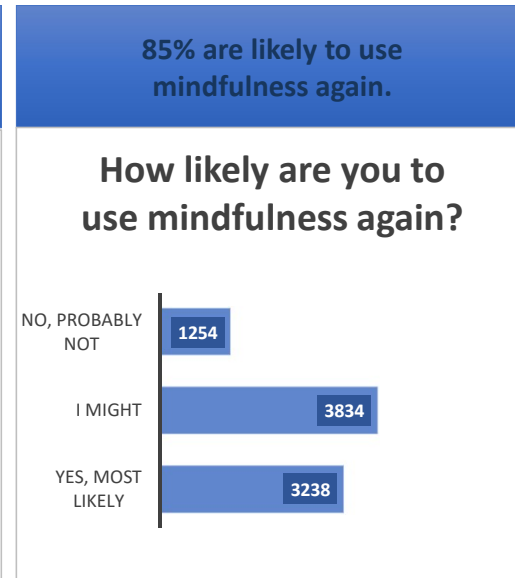
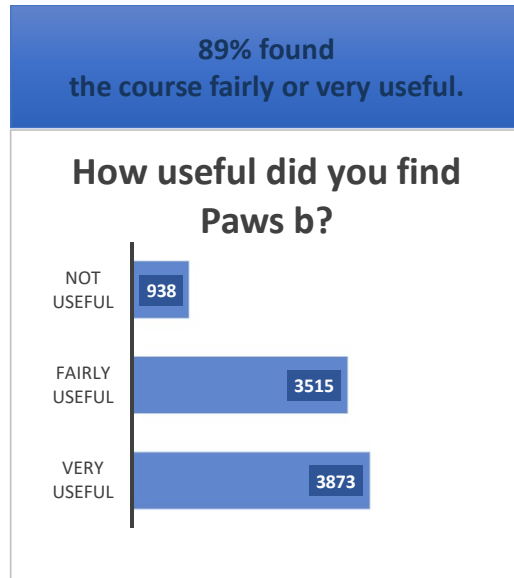
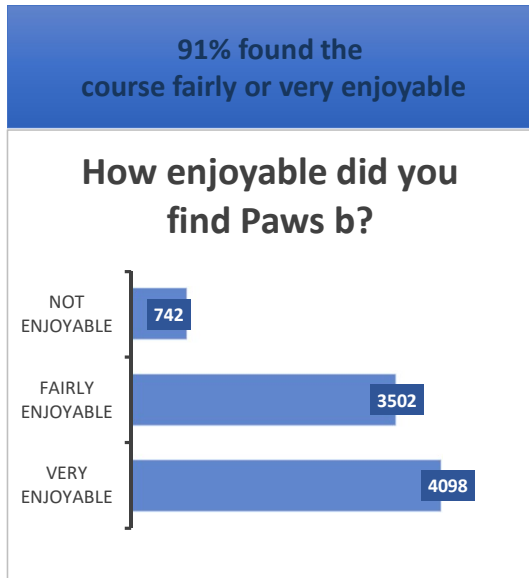
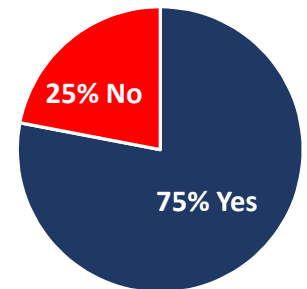


## Pupil Perceptions of Paws b

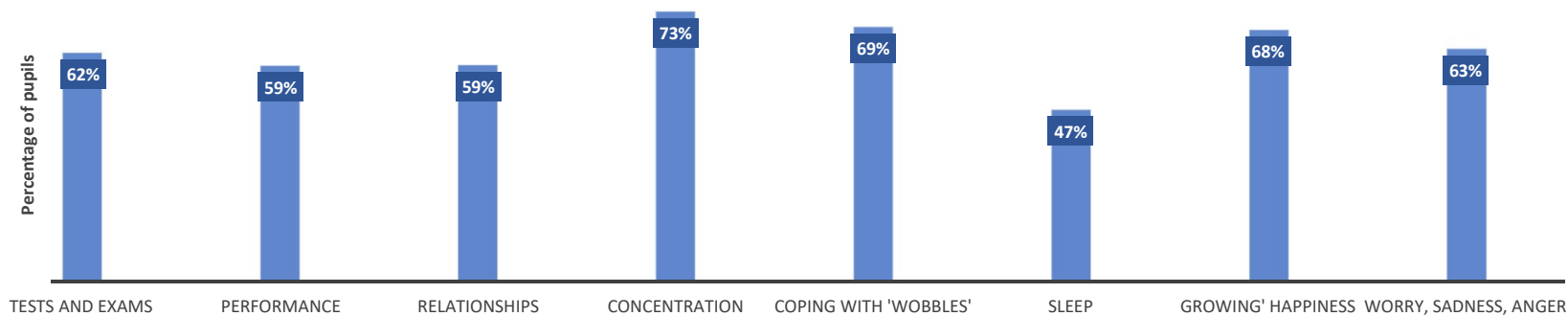
Data from Nov 2016 to Dec 2020



**Would you recommend Paws b to your friends?**



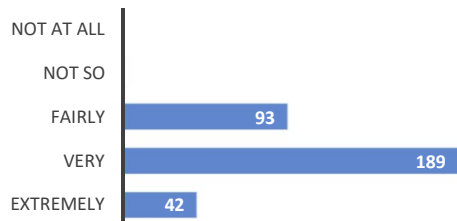
## Paws b supported pupils in the following ways



## Teacher Perceptions of Paws b

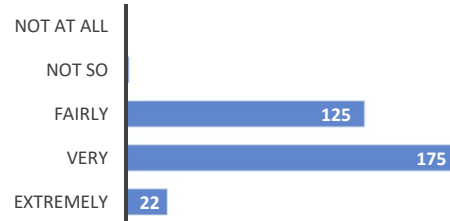
99% fairly, very or extremely enjoyable

How enjoyable do you think the majority of the class found Paws b?

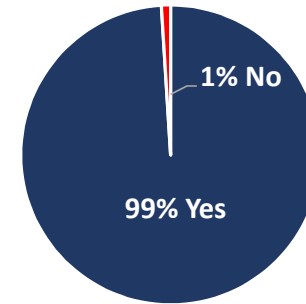


98% fairly, very or extremely useful.

How useful do you think the majority of the class found Paws b?

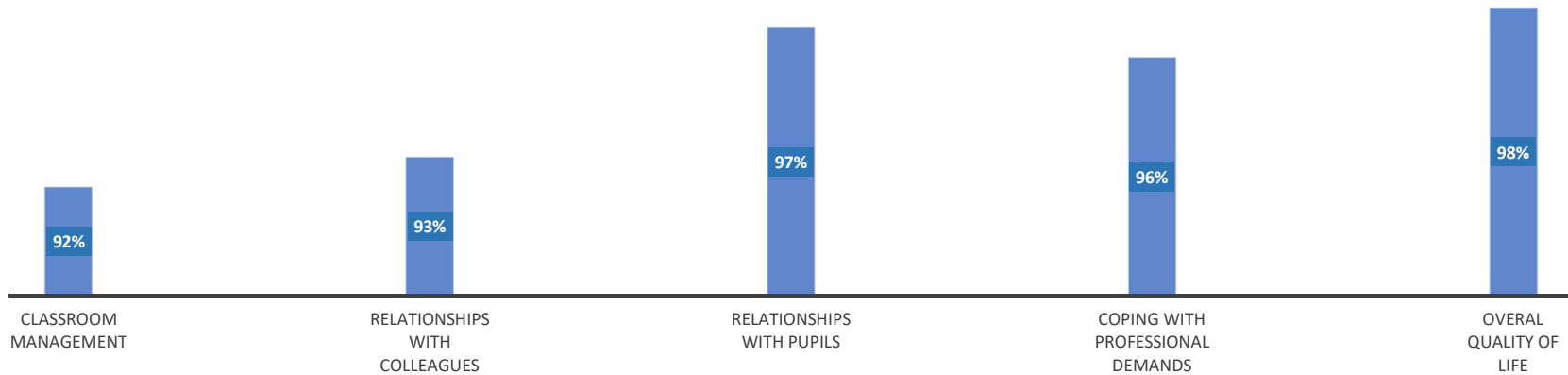


Would you recommend Paws b to colleagues?



327 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

"I leave every Paws b lesson feeling invigorated and inspired and excited that this generation of children are being offered skills to help them navigate the ups and downs of life. "

"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!"

"It helped me when I was angry or stressed about anything. It taught me how to keep calm and relaxed. I will try to teach it to my friends because it is AMAZING."

"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 found that it really calmed me down in tricky situations, and helped me get past obstacles."

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

"I get anxiety, which affects me at home and school so some of these practices have been helpful."

