Mindfulness in Schools Project

Class Impact Presentation
From a sample of 268 pupils

- It helps to stop thinking about worries
- Learning how to focus better
- It helped me focus better in my work
- Helping us to be able to cope when we feel stressed or worried
- I really liked the Beditation and how it could calm me down before going to bed
What did you think of .breathe?

85% found the course extremely, very or fairly enjoyable.

How enjoyable did you find .breathe?

- Not enjoyable: 47
- Fairly enjoyable: 202
- Very enjoyable: 64

85% found the course extremely, very or fairly useful.

How useful did you find .breathe?

- Not useful: 46
- Fairly useful: 204
- Very useful: 63

81% are extremely, very or fairly likely to keep using mindfulness.

How likely are you to use mindfulness again?

- No, probably not: 58
- I might: 186
- Yes, most likely: 69
How does .breathe support you?

.breathe supported pupils in the following ways

- It makes me sleep better so I have better energy for the day and focus better
- If homework is frustrating me
- Keeping calm when my friends are being annoying

Percentage of pupils

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tests and exams</td>
<td>39%</td>
</tr>
<tr>
<td>Performance</td>
<td>27%</td>
</tr>
<tr>
<td>Relationships</td>
<td>54%</td>
</tr>
<tr>
<td>Concentration</td>
<td>64%</td>
</tr>
<tr>
<td>Coping with worries</td>
<td>68%</td>
</tr>
<tr>
<td>Sleep</td>
<td>57%</td>
</tr>
</tbody>
</table>
The +2 Practice calmed me down

My favourite part was the Beditation it helped me sleep

It helps to stop thinking of worries for 1 minute.
Would you recommend .breathe to your friends?

89% Yes

11% No
Which words best describe the word **breathe**?
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If you have any queries please email:

support@mindfulnessinschools.org

For more information visit:

www.mindfulnessinschools.org