

Mindfulness in Schools Project



Class Impact Presentation

Class Impact



From a sample of 268 pupils

It helps to stop
thinking about
worries

Learning how to
focus better

I really liked the
Beditation and
how it could calm
me down before
going to bed

it helped me focus
better in my work

Helping us to be
able to cope we
when we feel
stressed or worried

What did you think of .breathe?



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

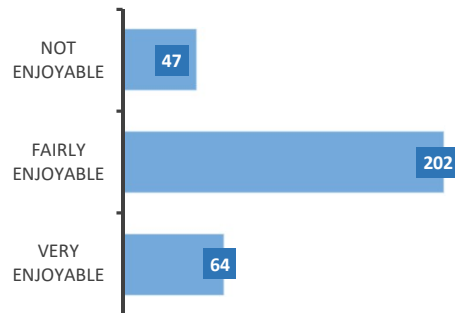


**85% found
the course extremely,
very or fairly useful.**

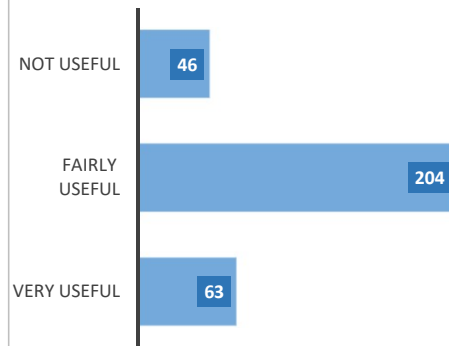


**81% are extremely,
very or fairly likely to
keep using
mindfulness.**

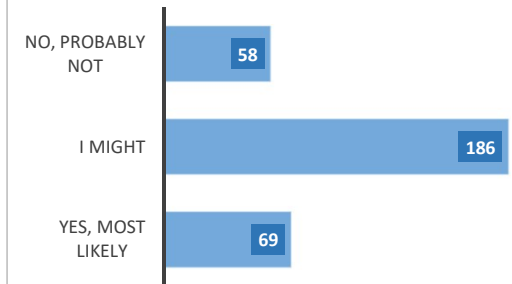
**How enjoyable did you
find .breathe?**



**How useful did you find
.breathe?**



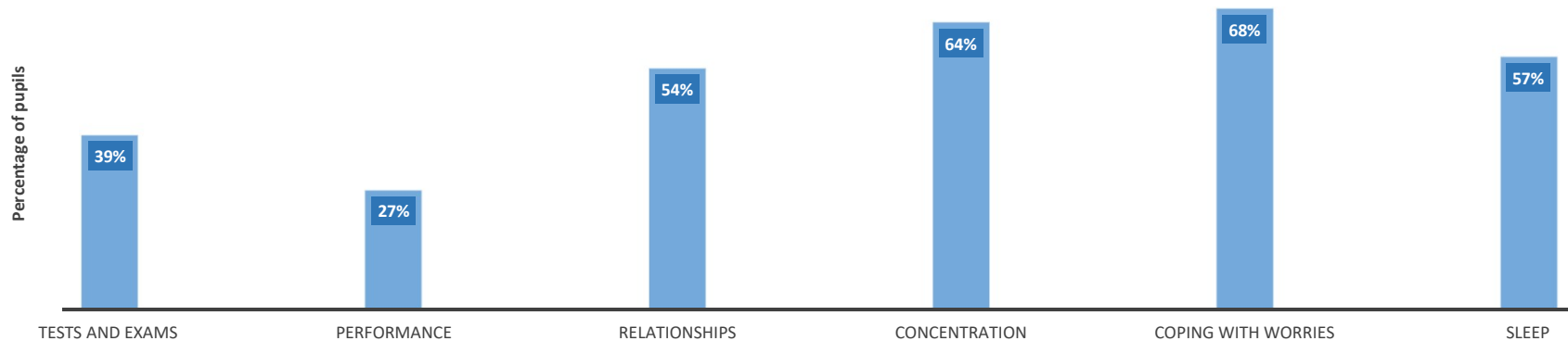
**How likely are you to use
mindfulness again?**



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

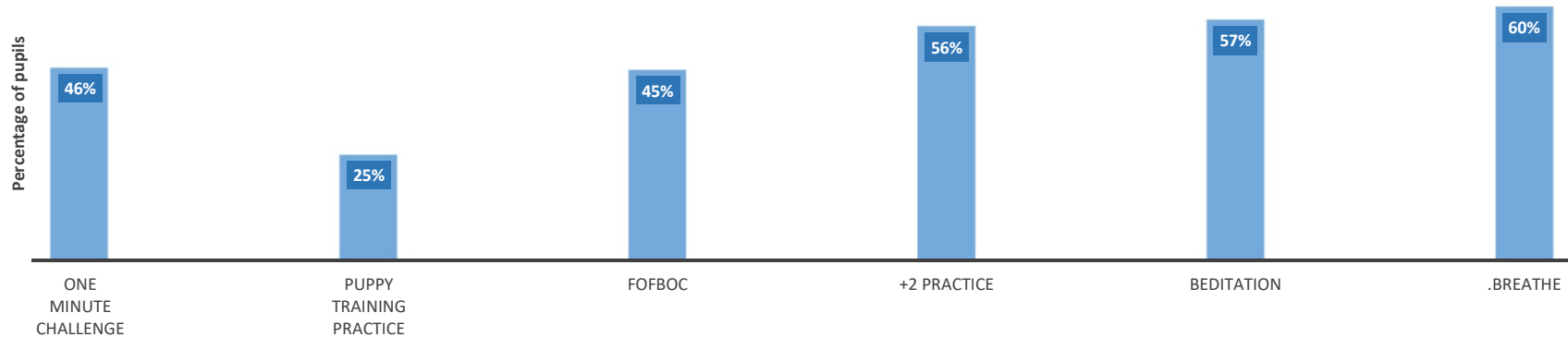
if homework is frustrating me

Keeping calm when my friends are being annoying

Which .breathe practices might you use again?



.breathe practices that are likely to be used again

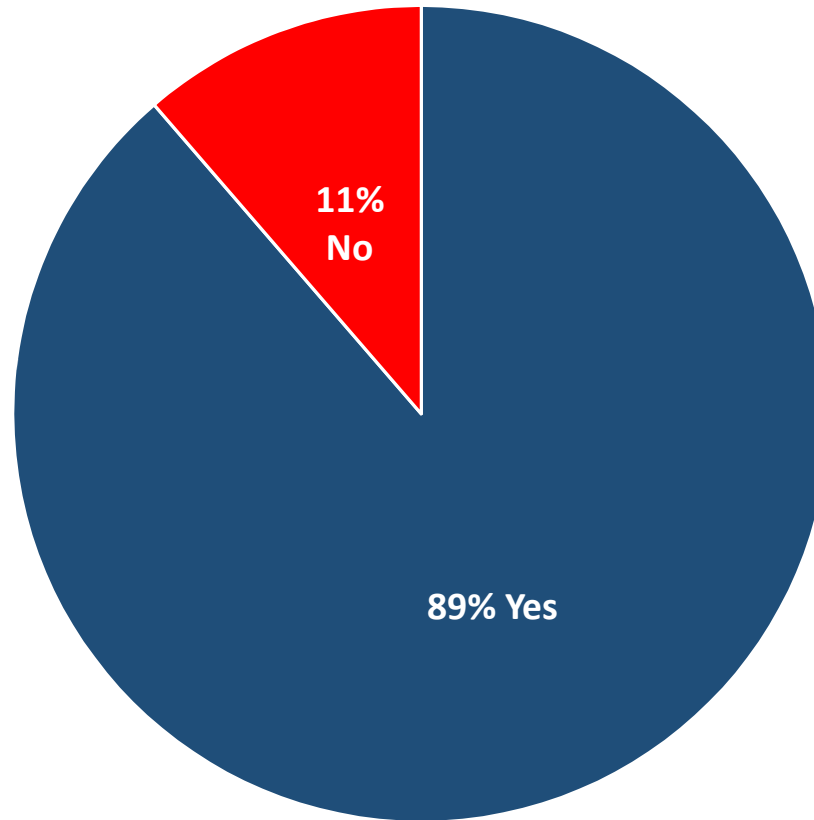


It helps to stop thinking of worries for 1 minute.

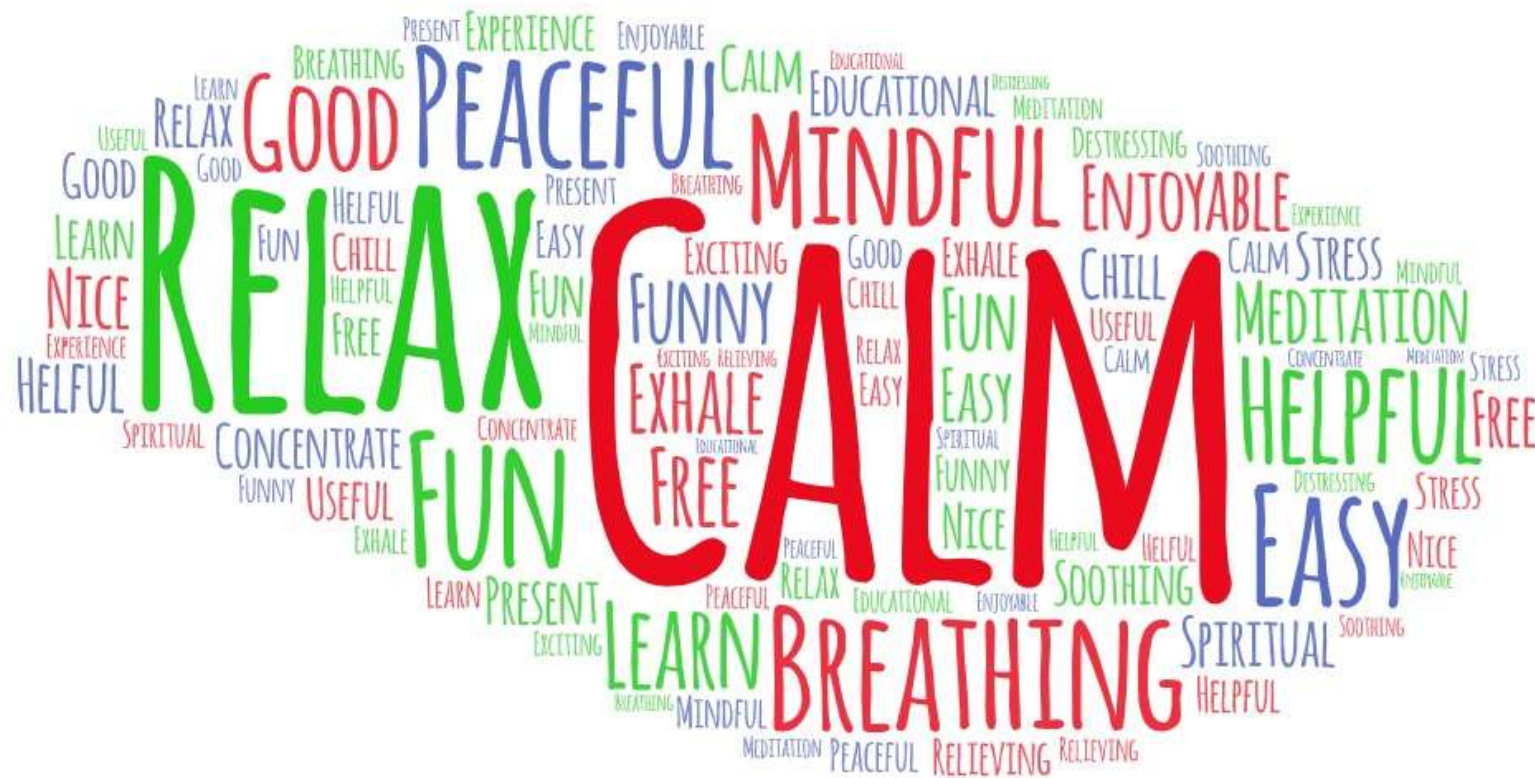
The +2 Practice calmed me down

My favourite part was the Beditation it helped me sleep

Would you recommend .breathe to your friends?



Which words best describe .breathne ?



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If you have any queries please email:

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For more information visit:

www.mindfulnessinschools.org