Pupil Perceptions of .breathe

87% found the course extremely, very or fairly enjoyable
87% found the course extremely, very or fairly useful
82% are likely to use mindfulness again

How enjoyable did you find .breathe?
- NOT ENJOYABLE: 93
- FAIRLY ENJOYABLE: 428
- VERY ENJOYABLE: 186

How useful did you find .breathe?
- NOT USEFUL: 89
- FAIRLY USEFUL: 433
- VERY USEFUL: 185

How likely are you to use mindfulness again?
- NO, PROBABLY NOT: 125
- I MIGHT: 419
- YES, MOST LIKELY: 163

Would you recommend .breathe to your friends?
- No: 23%
- Yes: 77%

Data from Nov 2020 to Aug 2021

.breathe supported pupils in the following ways

- TESTS AND EXAMS: 39%
- PERFORMANCE: 35%
- RELATIONSHIPS: 43%
- CONCENTRATION: 59%
- COPING WITH WORRIES: 60%
- SLEEP: 54%
Teacher Perceptions of .breathe

How enjoyable do you think the majority of the class found .breathe?

- **EXTREMELY**: 22
- **VERY**: 6
- **FAIRLY**: 0
- **NOT SO**: 0
- **NOT AT ALL**: 0

How useful do you think the majority of the class found .breathe?

- **EXTREMELY**: 24
- **VERY**: 4
- **FAIRLY**: 0
- **NOT SO**: 0
- **NOT AT ALL**: 0

Would you recommend .breathe to colleagues?

- **Yes**: 29 Teachers

How does your mindfulness practice and teaching of .breathe support you?

- **CLASSROOM MANAGEMENT**: 90%
- **RELATIONSHIPS WITH COLLEAGUES**: 100%
- **RELATIONSHIPS WITH PUPILS**: 100%
- **COPING WITH PROFESSIONAL DEMANDS**: 100%
- **OVERALL QUALITY OF LIFE**: 100%
### Headlines

1. **100% of teachers said the majority of their class found .breathe extremely, very or fairly enjoyable**

2. **100% of teachers said the majority of their class found .breathe extremely, very or fairly useful**

3. **100% of teachers said they would recommend .breathe to colleagues**

4. **100% of teachers said .breathe supported their pupils in Relationships, Coping with Wobbles, and Sleep**

5. **100% of teachers said mindfulness practice and teaching .breathe supported their overall quality of life, coping with professional demands and relationships with pupils and colleagues**
“Pupils engaged really well with the material and it was really interesting to see how well they settled into the practices. Pupils really seemed to value the time to be quiet and still.”

“I was amazed when a boy who was particularly disruptive told me that he’d been doing the ‘Beditation’ exercise and ‘it was like a light bulb you know when you turn it off - I just fell asleep’. He’d previously told me he found it really difficult to sleep because his ‘mind just goes over and over things’. .”

“It was clear that there were a few children who struggled and kept looking round at their peers to gauge their reactions and also to try and get a reaction from them. However, when they realised no-one was looking at them they followed their peers example and closed their eyes and you could literally feel the drop in energy in the room. Fascinating to observe and also very interesting how after a couple of weeks they settled right into the practice..”

“Teacher and Pupil Comments about .breathe

“The best thing about doing .breathe was it helped me focus better in my work when I got stressed.”

“It helps me concentrate on my work.”

“.breathe taught me how to stay calm in a lesson when i need to.”

“The best thing was the Beditation. It helped me get to sleep easier because I did the practices before going to bed.”

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

“I liked breathe because it has helps me focus when i am struggling and makes me feel better about myself.”
Words Pupils used to Describe 'breathe'