Pupil Perceptions of Paws b

91% found the course fairly or very enjoyable

How enjoyable did you find Paws b?

- NOT ENJOYABLE: 839
- FAIRLY ENJOYABLE: 4013
- VERY ENJOYABLE: 4699

89% found the course fairly or very useful.

How useful did you find Paws b?

- NOT USEFUL: 1055
- FAIRLY USEFUL: 4035
- VERY USEFUL: 4445

85% are likely to use mindfulness again.

How likely are you to use mindfulness again?

- NO, PROBABLY NOT: 1416
- I MIGHT: 4349
- YES, MOST LIKELY: 3770

Data from Nov 2016 to Aug 2021

11,236 pupils

Would you recommend Paws b to your friends?

- 25% No
- 75% Yes

Paws b supported pupils in the following ways

- TESTS AND EXAMS: 62%
- PERFORMANCE: 58%
- RELATIONSHIPS: 59%
- CONCENTRATION: 73%
- COPING WITH 'WOBBLES': 69%
- SLEEP: 47%
- GROWING 'HAPPINESS': 68%
- WORRY, SADNESS, ANGER: 63%
### Teacher Perceptions of Paws b

**How enjoyable do you think the majority found Paws b?**

<table>
<thead>
<tr>
<th></th>
<th>NOT AT ALL</th>
<th>NOT SO</th>
<th>FAIRLY</th>
<th>VERY</th>
<th>EXTREMELY</th>
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</thead>
<tbody>
<tr>
<td>NOT AT ALL</td>
<td>105</td>
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<tr>
<td>NOT SO</td>
<td>206</td>
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<td>FAIRLY</td>
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<td>EXTREMELY</td>
<td>56</td>
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**How useful do you think the majority of the class found Paws b?**

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<tr>
<th></th>
<th>NOT AT ALL</th>
<th>NOT SO</th>
<th>FAIRLY</th>
<th>VERY</th>
<th>EXTREMELY</th>
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<tbody>
<tr>
<td>NOT AT ALL</td>
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<td>132</td>
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<td>NOT SO</td>
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<tr>
<td>EXTREMELY</td>
<td>36</td>
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</table>

**Would you recommend Paws b to colleagues?**

- 100% Yes
- 0% No

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

<table>
<thead>
<tr>
<th>Area</th>
<th>Support</th>
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<tbody>
<tr>
<td>Classroom Management</td>
<td>93%</td>
</tr>
<tr>
<td>Relationships with Colleagues</td>
<td>94%</td>
</tr>
<tr>
<td>Relationships with Pupils</td>
<td>98%</td>
</tr>
<tr>
<td>Coping with Professional Demands</td>
<td>96%</td>
</tr>
<tr>
<td>Overall Quality of Life</td>
<td>98%</td>
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</tbody>
</table>
99% of teachers said the majority of their class found Paws b extremely, very or fairly enjoyable

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

100% 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 and their relationships with pupils.
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.”
Words Pupils used to Describe Paws b