Pupil Perceptions of .b

80% found the course extremely, very or fairly enjoyable

78% found the course extremely, very or fairly useful

68% are likely to use mindfulness again

Would you recommend .b to your friends?

79% Yes
21% No

How enjoyable did you find .b?

How useful did you find .b?

How likely are you to use mindfulness again?

.b supported pupils in the following ways

<table>
<thead>
<tr>
<th>Area</th>
<th>Percentage of pupils</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exams</td>
<td>64%</td>
</tr>
<tr>
<td>Drama, Music, Sport</td>
<td>48%</td>
</tr>
<tr>
<td>Relationships</td>
<td>44%</td>
</tr>
<tr>
<td>Concentration</td>
<td>64%</td>
</tr>
<tr>
<td>Coping with Difficulty</td>
<td>68%</td>
</tr>
<tr>
<td>Sleep</td>
<td>46%</td>
</tr>
<tr>
<td>Taking in the 'Good Stuff'</td>
<td>60%</td>
</tr>
<tr>
<td>Being Kind</td>
<td>56%</td>
</tr>
</tbody>
</table>
Teacher Perceptions of .b

97% extremely, very or fairly enjoyable

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

- NOT AT ALL: 8
- NOT SO: 3
- FAIRLY: 97
- VERY: 125
- EXTREMELY: 17

97% extremely, very or fairly useful

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

- NOT AT ALL: 1
- NOT SO: 9
- FAIRLY: 121
- VERY: 108
- EXTREMELY: 0

Would you recommend .b to colleagues?

100% Yes

246 Teachers

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

- CLASSROOM MANAGEMENT: 81%
- RELATIONSHIP WITH COLLEAGUES: 92%
- RELATIONSHIP WITH PUPILS: 93%
- COPING WITH PROFESSIONAL DEMANDS: 96%
- OVERALL QUALITY OF LIFE: 97%
97% of teachers said the majority of their class found .b extremely, very or fairly enjoyable

97% of teachers said the majority of their class found .b extremely, very or fairly useful

100% of teachers said they would recommend .b to colleagues

98% of teachers said .b supported their pupils in coping with difficulty & 94% said it helping their pupils “take in the Good Stuff”; with sleep and exams

97% of teachers said mindfulness practice and teaching .b supported their overall quality of life
“Learning mindfulness techniques and how to teach them has helped me personally and professionally. As a teacher I am more aware of how I can influence the ‘weather’ in my classroom environment. Teaching students has been really rewarding when I hear students saying how practicing mindfulness is helping them.”

“It has already had an impact on the students and this can be seen by calmer more focused students. Students have said that the learnings from this course have also stopped some of them losing their temper or walking out of exams.”

“Students have reported doing a .b before reacting to a teacher, thereby preventing making a situation worse for themselves, in other words responding rather than reacting. Also students have reporting doing the practices before important sports performances.”

“Several pupils have said that they are better at responding to conflict and being kind to themselves. Some have been more aware of their moods. They often say that they have done a .b and it has helped them calm down. Sometimes they advise friends to do a .b!”

“I get frequent anxiety attacks, but they’re getting bearable thanks to the .b course.”

“If I get anxious, when a worry just comes, I do a .b standing up, I just breathe and feel my feet I can do it anywhere. This stops the worry being so sharp and jagged.”

“The moving mindfully course really helped me because I am an active person (dance and athletics) and it has helped me get over stage fright and perform better.”

“The best thing was the Beditation. That exercise was actually useful as it helped me sleep at night. It is something I’ll take away from the entire course.”

“It really helps with when I’m nervous about exams and I can just do a mindfulness activity and it makes me feel calmer.”

“The best thing about doing the .b course was how useful I found what I learned in everyday life. I feel as though not only I benefited from my knowledge, but the people around me benefited from my new way of life as well.”