

MiSP



# *Impact Report 20/21*

**Mindfulness in Schools Project**

Charity number 1168992

# We are Mindfulness in Schools Project

- We are a charity registered in England and Wales.
- We provide world-leading curricula for classroom-based mindfulness and train and support teachers to deliver them.
- Our materials are based on research in clinical psychology and neuroscience, written by teachers for teachers, and used successfully in a wide range of educational contexts.
- Our aim is to bring mindfulness to children and those who care for them.

## What we do...

- We create classroom materials that bring mindfulness to life for children and young people
- We introduce mindfulness to educators
- We train teachers to teach mindfulness in schools
- We support the mindfulness in schools community
- We support research in mindfulness in education



# Welcome

## from the Chair of the Board of Trustees

**I am delighted to welcome you to our 2020-21 Impact Report and thank you for taking an interest in our charity. This reporting year continued to cover a time of immense disruption due to the Covid pandemic and its aftermath.**

Of course, it is not only children and young people in schools who are still carrying the load of such a heavily disrupted education; it is the teachers, counsellors and carers who are dedicated to looking after them. Those of us working in education have had to reinvent not just our lessons but many of the processes that keep our schools functioning from day to day. It has been exhausting, and the wellbeing of teachers has been particularly challenged now for nearly two years.

With children, young people and those who care for them facing such unprecedented challenges, we increasingly see MiSP's role as offering support to school communities at every level. Where once we trained classroom teachers more as deliverers of our curricula than direct beneficiaries of our work, we now increasingly see our work as having the potential to support teachers themselves, including to be the mindful teacher they want to be for the children and young people they work with.

I remain incredibly proud of all the staff at MiSP whose commitment to our charity and the school communities we serve has been unstinting and inspiring. Particular thanks this year go to Chivonne Preston, our CEO whose exceptional leadership helped us to not only weather the COVID storm but emerge stronger; to Sarah Ingram, who stepped into the breach when Chivonne had to leave (for personal reasons) and whose energy and commitment sustained us; and finally, to Claire Kelly, whose wisdom, kindness and service to MiSP since 2013 will be greatly missed.

In terms of income generation, this year (2020-21) has been one the strongest since our foundation 12 years ago (it would appear a combination of being able to operate online and teachers having more time at home), but we are already facing significant challenges in 2021-22. Even where schools have had the funding to pay for mindfulness training, high levels of absenteeism mean that teachers – at the time of writing – have not always been able to be released.

Looking ahead to 2021-22, it seems clear that our charity will need to work increasingly to diversify its income streams to meet these shifting demands. If you are reading this, and would like to support MiSP via a donation or in another way, please do get in touch. A huge thank you to those who are already helping us to achieve this!

**Richard Burnett (Chair)**

R:LB





# A note from our CEO

*I am honoured to welcome you to our latest Impact Report and to celebrate the work carried out this year, despite challenging circumstances for charities and schools.*

Feedback from the teacher training, as well as the ambitious aims and potential of MiSP to reach more schools both in the UK and beyond, are incredibly motivating for me in my new CEO role at MiSP and for our whole team. Indeed, many of us have experienced first hand the impact mindfulness can have in our own lives and for those children and young people we work with or care for and this propels us to do the work we do.

As the team and I move forward, with what appear may be ongoing and inevitable challenges for our schools and our charity, one thing remains clear - we will do so with determination to continue benefitting as many teachers and other educators, children, and young people as possible and with the same professionalism and creativity that has underpinned MiSP from the outset.

I am indebted to the MiSP team and community for their warm welcome as I take up the post, and thrilled to join the organisation particularly at this time, as I undertake my own academic journey of an MSc in Mindfulness at Aberdeen university; I also arrive enthused to offer transferrable lessons from a decade working as co-founder and former CEO of the Maternal Mental Health Alliance, as well as a previous decade working in educational charities on a range of programmes for children, young people and their teachers, both in the UK and overseas.

*I hope this report gives a flavour of what MiSP is all about and what has been achieved. If you would like to get involved with any of MiSP's work or support in any other way, please do get in touch.*

With thanks again for your interest, and very much looking forward to the work ahead!

Emily

Emily Slater, CEO



We create classroom materials that bring mindfulness to life for teachers and other educators, children and young people ...

What is the impact of our curricula on teachers and other educators, children and young people?

Our dots, Paws b and .b curricula are designed with the following aims:

- For all teachers and other educators, and students to know about mindfulness
- For most to enjoy it
- For many to use it now and again
- For some to practise daily
- For as many as possible to remember it.

Since 2016  
we have surveyed

21,349

schoolchildren who received  
our curricula, to assess  
their impact and  
credibility



In 2019/20 a further

1,505

pupils completed our survey

following their Paws b course. We now have feedback from 9,571 Paws b pupils in total.

70%

would recommend the course to a friend

90%

found the course useful

86%

were likely to use mindfulness again

72%

said it helped them to cope with 'wobbles'

92%

found the course enjoyable

*After the sessions I didn't have anymore problems with my tummy so that shows that breathing and being relaxed kind of takes away the pain.*

*It calmed me down, helps me be more kind and it makes my brain react better.*

*It helped when I was having issues at home. Just in all really calming and fun. A place to be yourself.*

*The best one was that when we did the petal practice because it really helps me when i get stressed*

## Feedback from 7-11 year olds ...

- “ I get anxiety, which affects me at home and school so some of these practices have been helpful.
- “ I found that it really calmed me down in tricky situations, and helped me get past obstacles.
- “ I liked everything about Paws b but, the thing I like the most was learning the different parts of your brain, and learning what they can do.
- “ I got to learn about worries, control concentration, grow happiness and have fun! I think this skill will really help me in future times.
- “ The best thing about Paws b is that it taught me methods that i can use when i am stressed, annoyed or if i have a fight with friends or family.



In 2020/21 a further

587

pupils completed our survey following their .b course. We now have feedback from 5,247 .b pupils in total.

82%

would recommend the course to a friend

76%

found the course useful

67%

were likely to use mindfulness again

67%

said it helped them to cope with difficulty

83%

found the course enjoyable

## Feedback from 11-18 year olds ...

*The best thing about .b was the techniques used to calm stress/anxiety.*

*Coping with difficulties and being calm in every situation.*

*It helped me to be more focused and if I was stressed I would feel more better when doing it and it helped me recognise what's going on in life.*

*I learnt how to sleep well, before I had trouble falling asleep and after the course I can finally sleep without worrying about things!*

“ The .b was the best it helps me focus and calm down. I especially found it useful when I felt stressed and doing a FOFBOC really helped. It also was really useful for realising what is actually important in life.

“ It taught me about how to cope in stressful situations, like exams and enabled my mind to take a minute to relax and stop overthinking everything as I tend to overthink everything I do.

“ Learning how to calm yourself down when you stressed or nervous and it helps you concentrate on stuff like sport and academic.

“ It was fun learning about everything and how the brain works and how you can control the brain in situations. It was fun. My most favourite part was the electric shock ball game. That was awesome.

We had **16,574** visits to our website [www.dotbe.org](http://www.dotbe.org) where .b students can practise mindfulness at home.

# What is it like to teach our curricula?

In Class Impact surveys teachers told us what it is like to teach our curricula:

*100% of teachers said teaching our curricula helped them with professional demands, relationships with staff and pupils, and their overall quality of life*



## .b Teacher feedback:

This was such an inspirational course. It was so well led by the trainers; it was an honour to be a part of it.

“ This is one of the best teaching courses I have been on.

An incredible set of resources and superbly delivered. I hope I can do the same for my students.

“ One of the best courses I have attended in my 30 years as a teacher. Thank you.

“ The training was the most enjoyable, informative and nurturing training I've ever experienced and incredibly well delivered. I feel honoured to have had this experience and feel confident that I am equipped to deliver its content.

“ I felt the whole thing was very professional and very well organised. The teaching aids are very clear and generous with their information. I could not fault anything about the course or the course leaders who were excellent and very supportive.



## Paws b Teacher feedback:

Thank you for a well presented, professional and very informative course that I will have the pleasure of presenting soon in my school.

“ A huge thank you and I would add that [the trainers] demonstrated perfectly well with their own behaviour, attitude and the atmosphere they created how this should be done in classroom. Teaching through example!

“ Simply to say thank you for such an excellent training programme and all you are doing as an organisation to bring mindfulness into schools. What an inspiration!

“ The facilitators held the space with mindfulness, a sense of ease, kindness, and equanimity.

“ Thank you very much! It was an enrichment and also a delight to attend this course. The trainers and participants were amazing!

“ Training was fantastic, very well delivered, in-depth discussion of content, lots of time set aside for reflection and practice.







## dots Teacher feedback:

Once again, another excellent curriculum from MiSP. dots really is

the missing piece of the puzzle, allowing schools now to provide a spiral curriculum for pupils throughout all Key stages. Well done MiSP :)

I loved the passion of the trainers...it really inspires and motivates me! So thank you again!

Thank you for the integrity and authenticity with which the curricula and training are developed and delivered.

One of the best courses I have been on in my teaching career of 20 plus years.

Thank you to [the trainers] for their brilliance, compassion, and passion for what they do - exemplary teachers and facilitators.

A HUGE thank you, I have been so excited for this training and it exceeded my expectations. I feel thoroughly inspired and can't wait to try it out.

The course was brilliant and I can't wait to get started as I can see it will have a huge impact. Thank you!

The course has been carefully designed with intricate details explored and explained by the trainers. It was an enriching experience to think that so many children at the start of their primary school years, will receive this sort of knowledge.

**100%**

would recommend  
Teach dots  
to a colleague



## .breathe Teacher feedback:

It was a fun and informative day and I look forward to putting it into practice

It was highly organised, clear, inspirational and motivational and I can't wait to use it with children.

Thankyou very much for the training. The trainers were organised and really seemed to care about each any everyone of us as if we were in the same room. Personable and professional. Thank you.

It was well structured, informative and professionally delivered.

I thought the course was excellent. Both trainers were brilliant at putting everyone at ease, extremely knowledgeable in their field and personally I found them very inspiring.

The training was excellent and I would highly recommend it.

**99%**

would recommend  
Teach .breathe  
to a colleague



*This year we ran 25 eight-week .begin courses*

We introduced

**437**

adults to mindfulness via our online 8-week instructor-led programme.

Since introducing .begin in 2017,

**1,459**

adults have participated in our 8-week online introduction to mindfulness course

We have welcomed participants from Austria, Egypt, Ghana, India, New Zealand and Senegal this year – making a total of **40** countries since 2017.

**6**

of these .begin courses were delivered as private group sessions

**99%**

would recommend .begin to a colleague

## Feedback from .begin participants

- “Loved it, thanks for enabling me to live a less frantic life!”
- “I found the course to be very beneficial and the different mindfulness practices to be easily integrated into daily life. I feel my life has shifted for the better as a result and would just like to say thank you.”
- “I thought the course was fantastic and has had a positive impact on my day to day life and practice.”
- “This has been so beneficial to me. The daily practice has changed my life. I feel so much calmer and at ease and more connected with those around me. Thank you so much.”
- “A very enjoyable learning experience that I felt supported with throughout my journey.”
- “I think the course is incredibly valuable - I wish I had know this when I was at school and now feel very motivated to help out young people learn mindfulness”

Of all the .begin graduates this year

**424**

have subsequently booked to train to teach our curricula (32%).

*I have enjoyed it and it has helped me tremendously in my professional and personal life.*

*I thoroughly enjoyed the course, and it is already making a difference to how I live.*

# We train teachers to teach mindfulness in schools ...

From September 2020 to the end of August 2021 we delivered 69 UK courses. Due to the COVID-19 pandemic, all courses post March 2020 have been delivered online, and we worked hard to ensure that the quality of participant learning and experience is of a very high standard. We are especially grateful to our team of expert trainers for their dedication and skill which has ensured that our training has remained of a very high quality throughout the year.

This year, in total

1,291

teachers trained to teach our mindfulness curricula to children attending courses in the UK and with our international partners.

106

dots teachers

203

Paws b teachers

305

.b teachers

211

.breathe teachers

Since 2009

4,264

Trained to teach .b

2,247

Trained to teach Paws b

6,828

in total

Our trained teachers form a powerful network of people who are actively supporting the mental health and wellbeing of the children in their schools.

# Accessing our training...

## Supported Places

*We provided £36,305 of supported places this year, compared to £30,911 last year.*

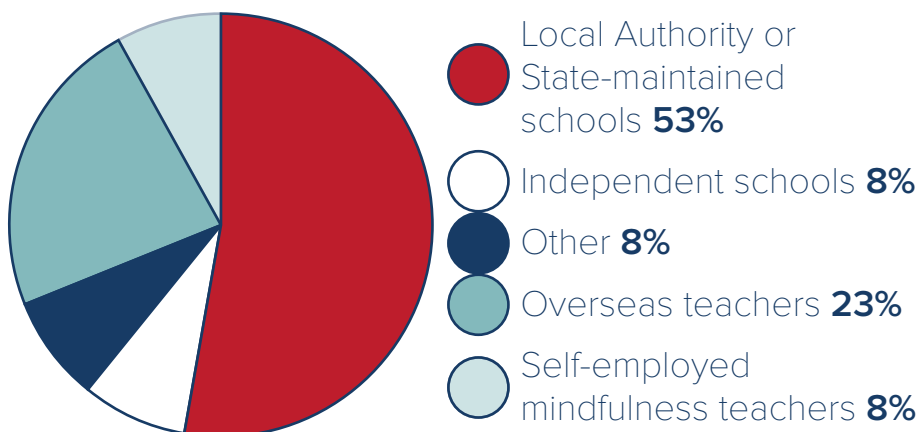


## Early Career Teachers' Support Fund

Last year we launched our Early Career Teachers' Support Fund, offering financial support to teachers at the early stages of their careers to learn mindfulness for themselves and train to teach it to children. We welcome applications from all UK schools and awards are made to individuals applying to train with us within four years of achieving Qualified Teacher Status.

*We facilitated 10  
partner courses  
internationally in  
the following  
locations:  
Amsterdam,  
Denmark, Taiwan,  
Japan and Hong Kong.*

## Profile of course participants



**Bright  
Future  
Trust**

## Mindfulness in Alternative Provision Settings

The MAPS project brings mindfulness to children and young people in Alternative Provision (AP) settings in England. Funded by The Bright Future Trust, this two-year project will ensure that MiSP's high-quality, evidence-based mindfulness programme, .b, is available to vulnerable children and young people who are at the highest risk of social exclusion.

MAPS provides AP staff with training so that they can learn to practise mindfulness themselves, then train to teach mindfulness to young people with ongoing access to expert advice and materials, a peer group network and ongoing support.





# We support the mindfulness in schools community

We supported  
**2,586**  
members via our  
online Hub



*I really appreciate the opportunity for the ongoing CPD - it keeps me going!*

*The Teaching Surgery was really so helpful and valuable. Thank you to everyone. Wonderful resources too.*

*Thank all the amazing people at MiSP for all their offerings and support during COVID and beyond!*

- We hosted **28** sessions for our **Hub Sitting Group** and welcomed a total of **333** members to these.
- We held **2** online **Wellbeing Workshops** for **41** attendees.
- We ran **6 #SchoolsSitTogether** events, and were delighted to be joined by over **400** schools and individuals in total.
- We ran **9 teacher surgeries** (for dots, Paws b and .b teachers) with **42** attendees.
- We held **6 teaching skills workshops**, which were offered FREE to .b and Paws b Hub members and all **170** places were booked.
- During the year MiSP spoke at **19** online **external events**.
- To support our community during Covid restrictions, we ran **46 weekday sits** from January to March 2021 and during the December 2020 school holiday with **519** attendees in total.
- We started offering one-day, online retreats with **50** booked on the **2 retreats**.

## Inviting The Experts

We hosted 6 webinars, led by outside experts, on the following themes:

- Childhood Bereavement: How Schools can Support Children and Young People
- Anxiety-Based School Avoidance: Practical Advice for Schools
- Supporting Young Carers in Schools
- Practical Solutions for Dyslexia
- Supporting CYP with Neurodiversity
- Strategies to Support EAL in Schools

**1,364**  
people attended  
our Inviting The  
Experts webinars

# Around the World

We continue to support educators around the world bringing mindfulness to children and young people in schools in countries other than the UK. We are very grateful to our international teachers who provide translation services on a voluntary basis, allowing us to make translated curricula available to our whole Hub community.

**Versions of our curricula are now available in 13 languages:**



*This year we ran courses specifically for the US and Asia Pacific time zones.*

## The JC PandA project in Hong Kong

A four year research project, running from 2019-2022 funded by The Hong Kong Jockey Club Charities Trust, is underway in Hong Kong to assess the benefits of mindfulness on the mental health of students and teaching in 36 local school settings.

The Jockey Club 'Peace and Awareness' Mindfulness Culture in Schools Initiative is run by the Faculty of Social Sciences of the University of Hong Kong, using our Paws b and .b curricula in primary schools, secondary schools and social education schools which serve students with emotional and behavioural difficulties.



賽馬會「樂天心澄」  
靜觀校園文化行動

Jockey Club "Peace and Awareness"  
Mindfulness Culture in Schools Initiative

# 'Including All' Conference, June 2021

*"I really enjoyed the conference, huge thanks to all who made it happen!"*

We hosted over **506 live attendees** at our online conference, selling **722 tickets** in total – 587 of these tickets were given away free to Hub members.



**MiSP Conference 2021**  
**Including All**  
TEACHERS & LEARNERS

## Feedback from delegates

- “ How inspiring the conference was. A wealth of wisdom and insight that is so valuable when you can easily be swept along by feeling you are alone in your struggles to develop mindful approaches in your school. The whole day just reinforced what I know and what I tell anyone at every opportunity – that you are an organisation of such integrity.
- “ I feel re-energised and re-enthused after Saturday's Conference. Everyone's hard work really paid off to give us a wonderful day!
- “ I want to congratulate you on yet another excellent MiSP Conference! It ran super smoothly and all of the presentations were engaging in content and delivery. You are so good at making sure there are children's voices and all of those videos were such an important reminder of why we are doing this work. The theme was timely and so important. Thank you for making space for such a crucial and meaningful topic. We learned a lot.
- “ Thank you all for the inspiring conference and all the work that went into to it
- “ I really enjoyed the conference, huge thanks to all who made it happen!

**96%**

of attendees who completed a post-conference feedback form felt the conference was 'extremely positive' or 'positive'.

*What a wonderful conference, so many positives to reflect upon.*

*It was so lovely to see the children be a part of the day! They were all so eager to share their experiences!*

*It was a great conference. I enjoyed it a lot and found it super useful. Thank you to all of you at the team for organizing it.*

*It opened my eyes to the wider Mindfulness community. I also got some great ideas to take it forward in my setting!*

# Our expert speakers were:



Dr Colette Power – a Certified Mindful Self-Compassion teacher, supervisor and mentor



William Fley - founder and director of the Mindfulness Network for People of Colour



Rob Gasson - CEO of Wave Multi Academy Trust & Ceri Skilton - School Mindfulness Lead at Wave MAT



Maggie Farrar – Previously Director for Leadership Development and Research at the National College for School Leadership



Elizabeth Mpyisi - Founder and Director of the Mindful BAME network



Peter Whitfield - Learning Manager at Plas Derwen (Flintshire Pupil Referral Unit)



Community Builder, Charisse Minerva



Dr Raphael Jay Adjani – Life Development Coach at Amaravati Wellness Center, Thailand



Linda Gutierrez - Emotional Health and Wellbeing Lead for staff and pupils throughout the County of Powys



Richard Woodland - Director of Inclusion at the Westcountry Schools Trust



Professor Kiki Messiou - Professor of Education and Director of Research, Southampton Education School, University of Southampton



Chevone Charman-Osborne - well-being coach at Brynnau Primary School in Wales



Aesha & Dean Francis - co-founders of the Urban Mindfulness Foundation C.I.C



Professor Mark Williams - Emeritus Professor of Clinical Psychology and Honorary Senior Research Fellow in the Department of Psychiatry, University of Oxford



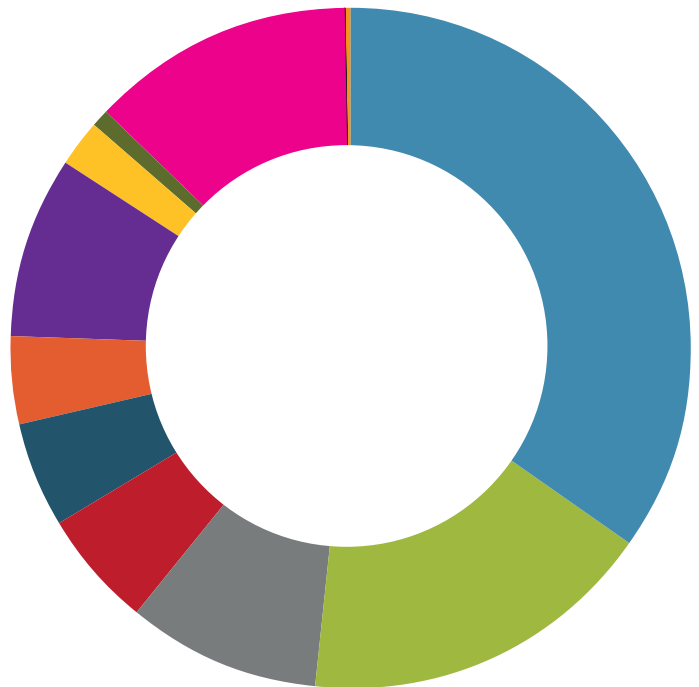
# Our resources:

## People

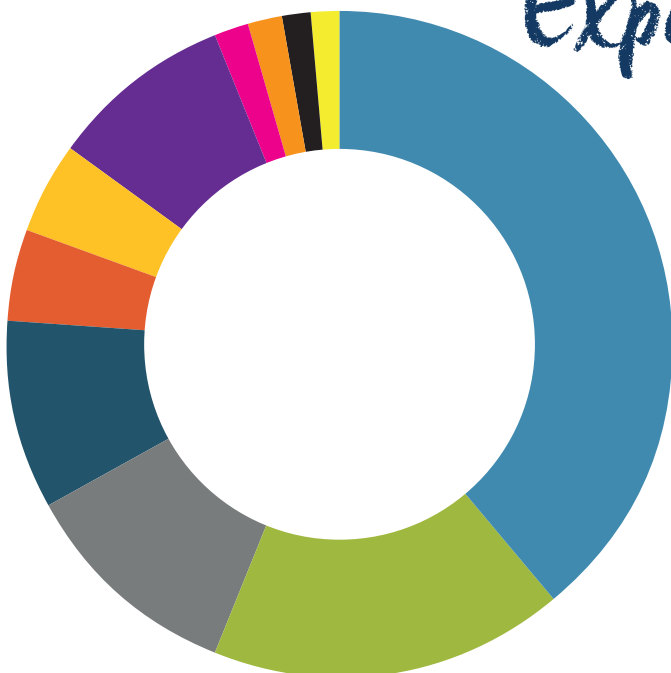
At 31 August 2021 Mindfulness in Schools Project comprised 13 staff: 2 full-time and 11 part-time, equivalent in total to 8.7 full-time staff.

## Income £639,062

|                         |          |
|-------------------------|----------|
| Teach .b                | £222,792 |
| Teach Paws b            | £107,470 |
| .begin                  | £60,218  |
| Teach dots              | £35,046  |
| Teach .breathe          | £31,694  |
| School Mindfulness Lead | £26,215  |
| Teacher Network         | £55,777  |
| Conference              | £14,200  |
| Workshops               | £4,725   |
| Donations               | £80,538  |
| Other                   | £353     |
| Investments             | £34      |



## Expenditure £530,202



|                         |          |
|-------------------------|----------|
| Teach .b                | £207,354 |
| Teach Paws b            | £90,474  |
| .begin                  | £57,730  |
| Teach dots              | £48,574  |
| Teach .breathe          | £24,092  |
| School Mindfulness Lead | £23,506  |
| Teacher Network         | £46,756  |
| Workshops               | £9,448   |
| Conference              | £8,653   |
| Other                   | £6,373   |
| Grants Awarded          | £7,242   |

*Through fundraising we aim to reach many more children, teachers and other educators ...*

We raised a fantastic

**£80,538**

from donations

This helped us to increase the number of **supported places** we can offer, ensuring that cost is not a barrier to access, and to continue to provide expert support and materials to our network of teachers, senior leaders, parents and governors via our Hub, growing our community and enabling them to continue to deliver our curricula to new cohorts of schoolchildren each year.

Our 2019 Trained Teacher survey showed that on average a trained teacher teaches our curricula to 126 children. Therefore we estimate that our community of over 6,000 teachers has taught Paws b or .b to over

**750,000**

children so far. We are on track to reach a million minds by 2023!

**r3.**

Software firm R3 donated **£770!**

Our own Ben Chalwin raised **£1,041** (up to 31st August) by walking a virtual Lands End to John O'Groats!



# Contact Us

*We would love to hear from you, especially if:*

- You are a **school leader** keen to support resilience in your staff and your young people by introducing mindfulness to your school...
- You are a **teacher** who wants to begin your own mindfulness journey or find out how to teach it in your classroom...
- You are a **student** who would like to share materials with your teachers and see how mindfulness could be introduced to you and your peers...
- You **work with**, or care for, children and young people in another capacity and are keen to explore mindfulness in your own context...
- You would like to make a donation or **support our charity** in another way...

Questions? Email: [enquiries@mindfulnessinschools.org](mailto:enquiries@mindfulnessinschools.org)

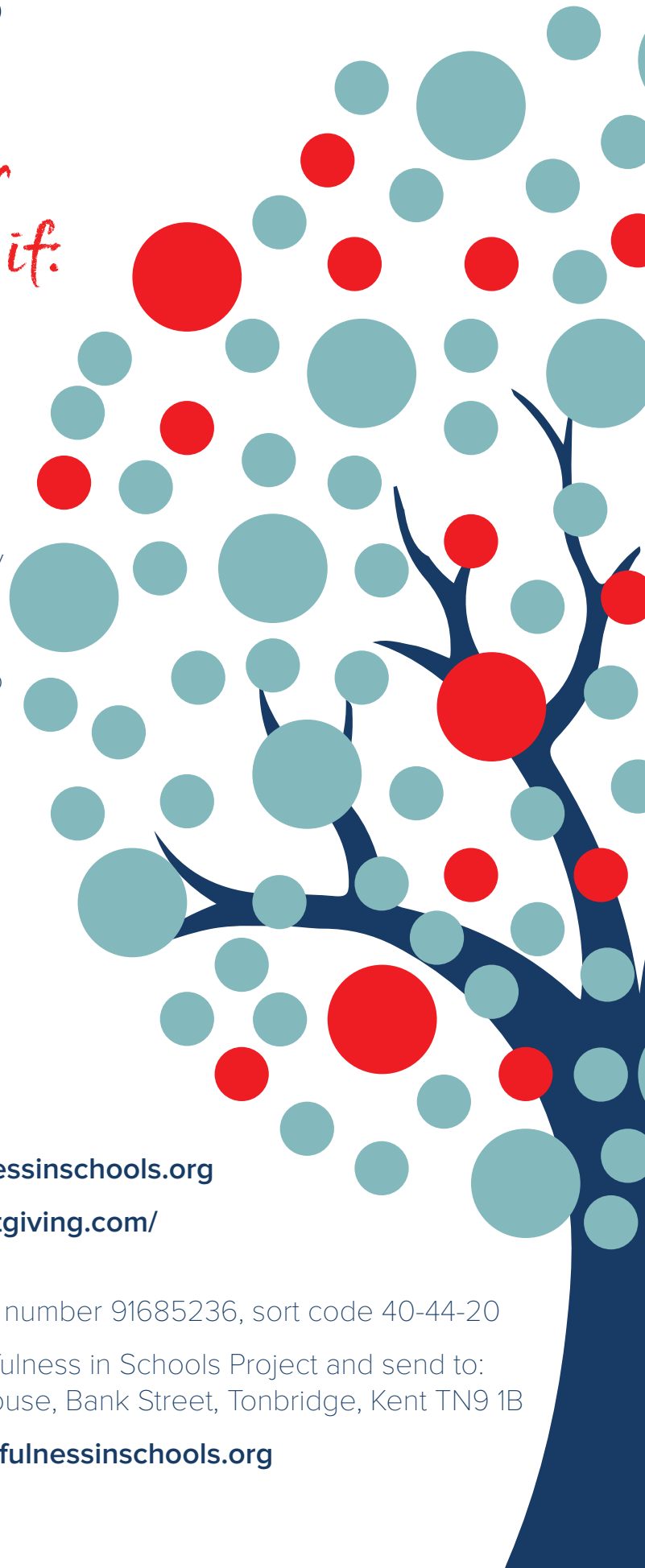
To donate please visit: <https://www.justgiving.com/>

Or make a **bank transfer** to:

Mindfulness in Schools Project, account number 91685236, sort code 40-44-20

Please make **cheques** payable to Mindfulness in Schools Project and send to:  
Mindfulness in Schools Project, Bank House, Bank Street, Tonbridge, Kent TN9 1B

Visit our website for more at [www.mindfulnessinschools.org](http://www.mindfulnessinschools.org)



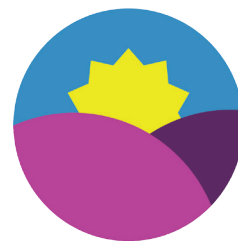
*Our thanks to:*



the  
education  
broker

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Bright  
Future  
Trust



treebeard  
trust



bounce  
forward

**AWARE**  
OVERCOMING DEPRESSION.  
CHANGING LIVES.





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**CONTACT MINDFULNESS IN SCHOOLS PROJECT AT:**

[enquiries@mindfulnessinschools.org](mailto:enquiries@mindfulnessinschools.org)

[www.mindfulnessinschools.org](http://www.mindfulnessinschools.org)

Find us on Facebook, Twitter, LinkedIn and YouTube

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MiSP is a Registered Charity, no. 1168992, est. 2009.

**Bringing mindfulness to young people and those who care for them since 2007**



Printed on recycled paper manufactured from sustainably certified,  
100% Post Consumer Waste fibres and a chlorine-free process.