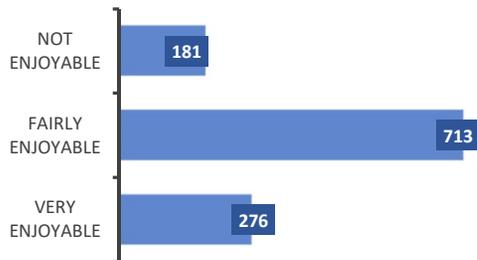


Pupil Perceptions of .breathe

Data from Nov 2020 to August 2022

85% found the course extremely, very or fairly enjoyable

How enjoyable did you find .breathe?



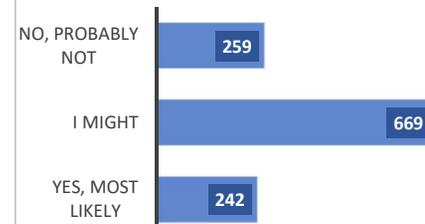
84% found the course extremely, very or fairly useful

How useful did you find .breathe?

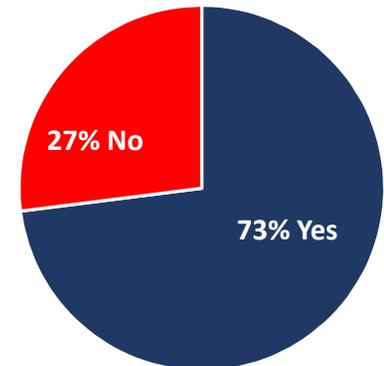


78% are likely to use mindfulness again

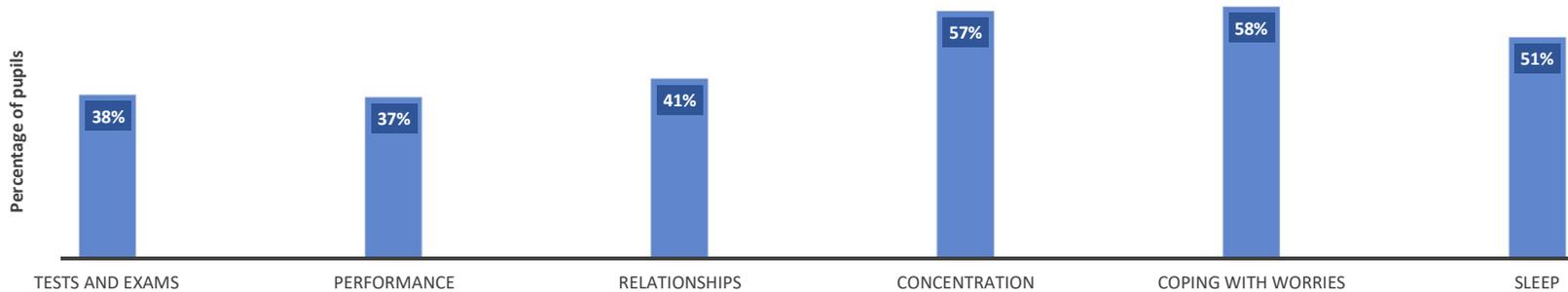
How likely are you to use mindfulness again?



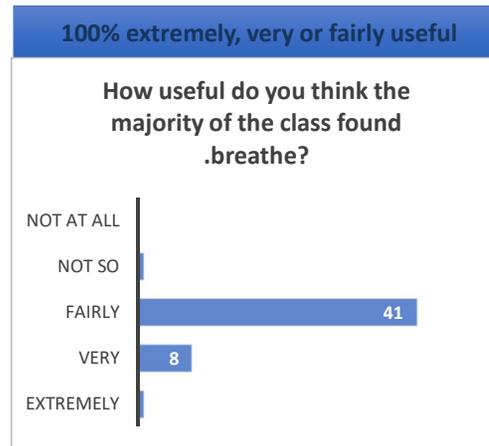
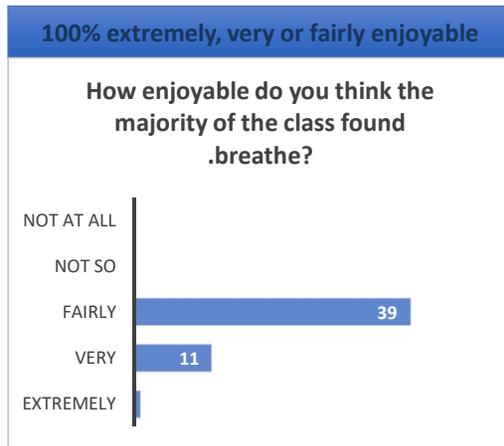
Would you recommend .breathe to your friends?



.breathe supported pupils in the following ways

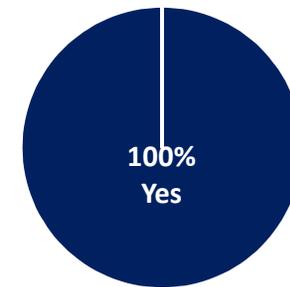


Teacher Perceptions of .b

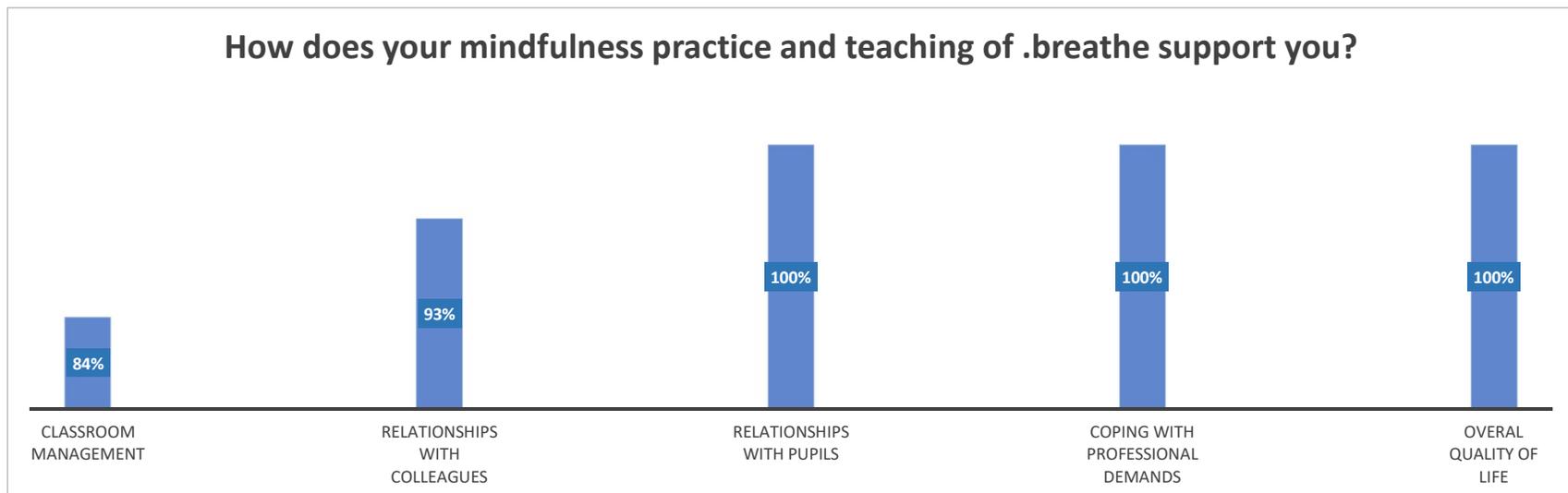


Would you recommend .breathe to colleagues?

51 Teachers



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



Headlines

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

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

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

100% of teachers said .breathe supported their pupils in Coping with Worries

100% of teachers said mindfulness practice and teaching .b supported their overall quality of life, coping with professional demands and relationships with pupils

Teacher and Pupil Comments about .breathe

“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..”

“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.”

