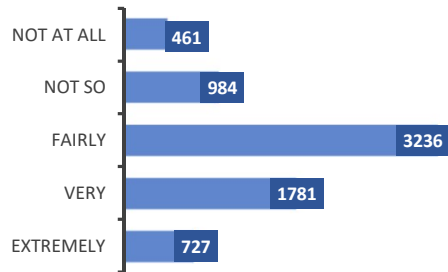


## Pupil Perceptions of .b

Data from Nov 2016 to April 2023

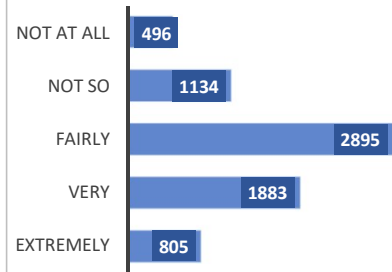
80% found the course extremely, very or fairly enjoyable

How enjoyable did you find .b?



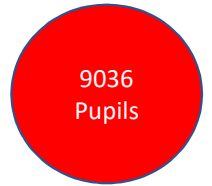
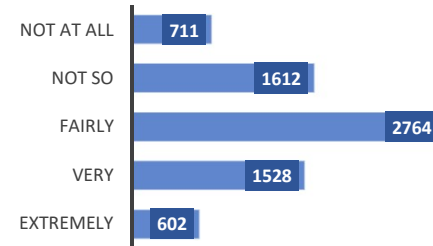
77% found the course extremely, very or fairly useful

How useful did you find .b?

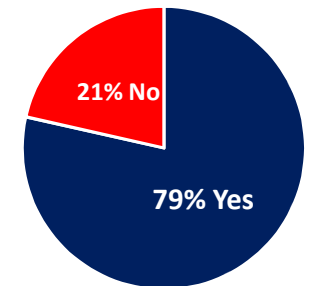


68% are likely to use mindfulness again

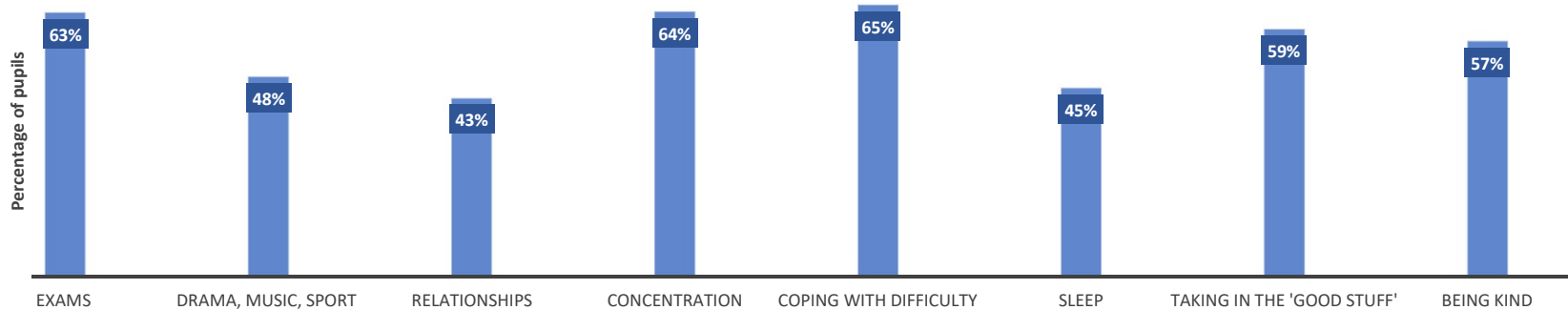
How likely are you to use mindfulness again?



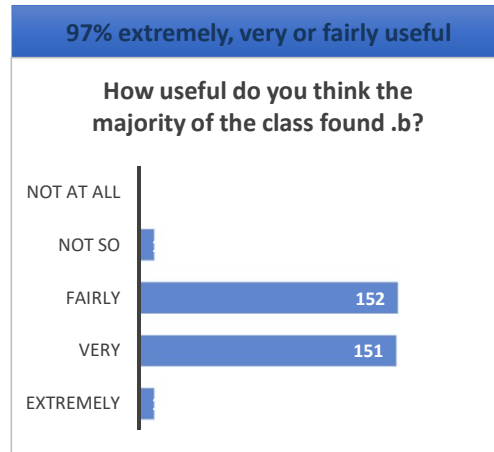
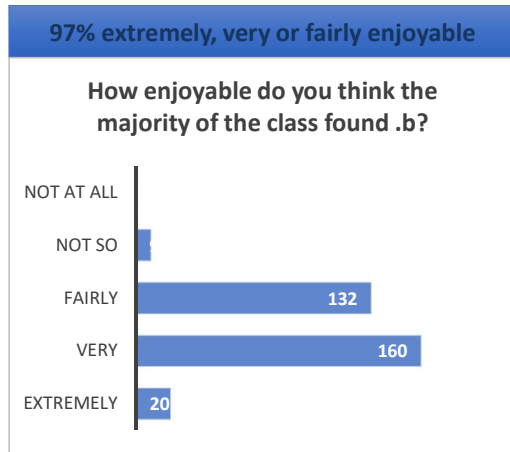
Would you recommend .b to your friends?



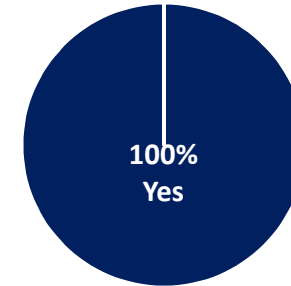
## .b supported pupils in the following ways



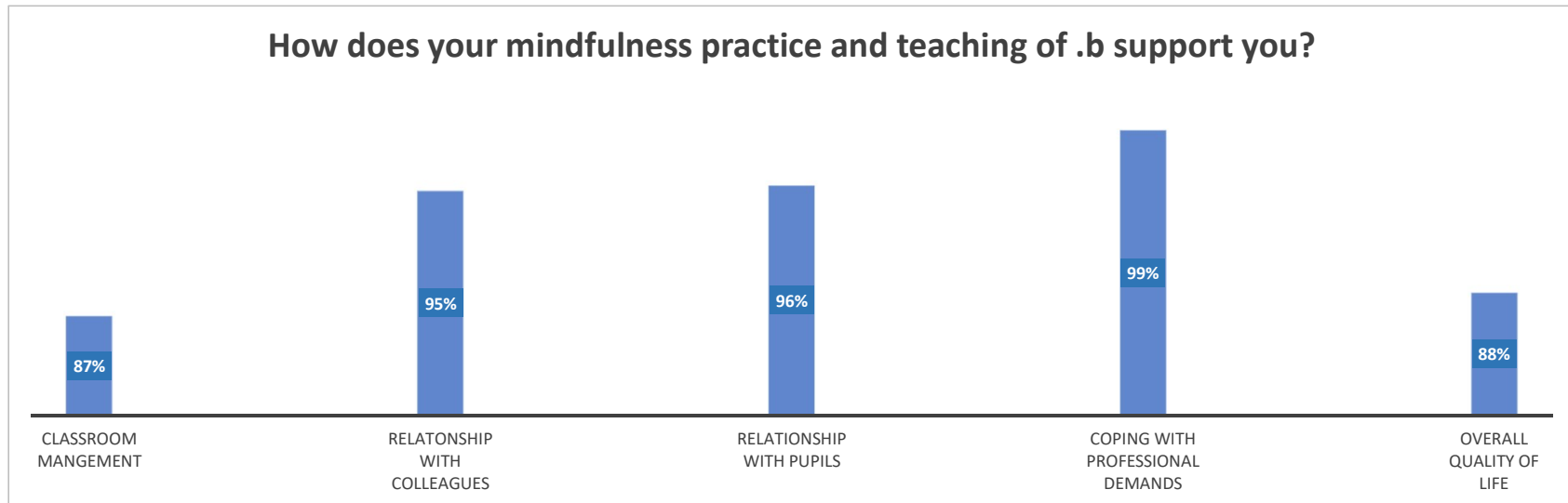
## Teacher Perceptions of .b



Would you recommend .b to colleagues?



362 Teachers



## Headlines

**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**

**100% of teachers said .b supported their pupils in coping with difficulty &  
97% said it helped their pupils with sleep and exams**

**99% of teachers said mindfulness practice and teaching .b helped them cope with professional demands**

## Teacher and Pupil Comments about .b

“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!”

“The best thing about .b was everyone getting together and talking about our feelings. This made me feel less alone.”

“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 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.”

