91% found the course fairly or very enjoyable

89% found the course fairly or very useful.

86% are likely to use mindfulness again.

How enjoyable did you find Paws b?

- NOT ENJOYABLE: 1041
- FAIRLY ENJOYABLE: 5116
- VERY ENJOYABLE: 6063

How useful did you find Paws b?

- NOT USEFUL: 1332
- FAIRLY USEFUL: 5152
- VERY USEFUL: 5720

How likely are you to use mindfulness again?

- NO, PROBABLY NOT: 1764
- I MIGHT: 5598
- YES, MOST LIKELY: 4842

Paws b supported pupils in the following ways:

- TESTS AND EXAMS: 60%
- PERFORMANCE: 58%
- RELATIONSHIPS: 59%
- CONCENTRATION: 73%
- COPING WITH 'WOBBLES': 72%
- SLEEP: 49%
- GROWING' HAPPINESS: 68%
- WORRY, SADNESS, ANGER: 63%

Data from Nov 2016 to April 2023

Would you recommend Paws b to your friends?

- Yes: 74%
- No: 26%

14,360 pupils
Teacher Perceptions of Paws b

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

- NOT AT ALL: 128
- NOT SO: 255
- FAIRLY: 80
- VERY: 146
- EXTREMELY: 258

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

- NOT AT ALL: 255
- NOT SO: 146
- FAIRLY: 80
- VERY: 128
- EXTREMELY: 56

Would you recommend Paws b to colleagues?

- 100% Yes
- 0% No

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

- CLASSROOM MANAGEMENT: 95%
- RELATIONSHIPS WITH COLLEAGUES: 95%
- RELATIONSHIPS WITH PUPILS: 98%
- COPING WITH PROFESSIONAL DEMANDS: 98%
- OVERALL QUALITY OF LIFE: 99%

494 Teachers
<table>
<thead>
<tr>
<th>Headlines</th>
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<tbody>
<tr>
<td>100% of teachers said the majority of their class found Paws b extremely, very or fairly enjoyable</td>
</tr>
<tr>
<td>99% of teachers said the majority of their class found Paws b extremely, very or fairly useful</td>
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<tr>
<td>100% of teachers said they would recommend Paws b to colleagues</td>
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<tr>
<td>99% of teachers said Paws b supported their pupils in coping with wobbles &amp; worries, sadness or anger</td>
</tr>
<tr>
<td>99% of teachers said mindfulness practice and teaching Paws b supported them in their overall quality of life and 98% said it supported their relationships with pupils.</td>
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</tbody>
</table>
"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 by 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