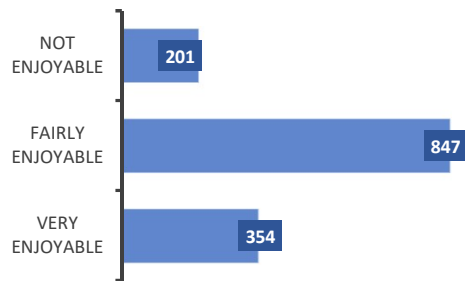


## Pupil Perceptions of .breathe

Data from Nov 2020 to August 2023

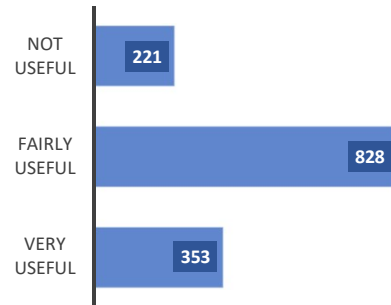
86% found the course extremely, very or fairly enjoyable

How enjoyable did you find .breathe?



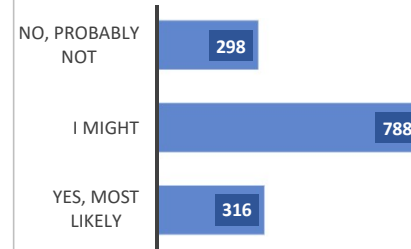
84% found the course extremely, very or fairly useful

How useful did you find .breathe?



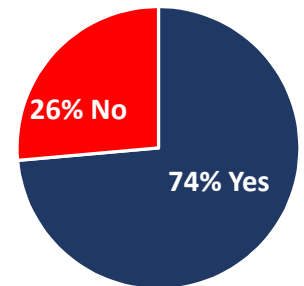
79% are likely to use mindfulness again

How likely are you to use mindfulness again?

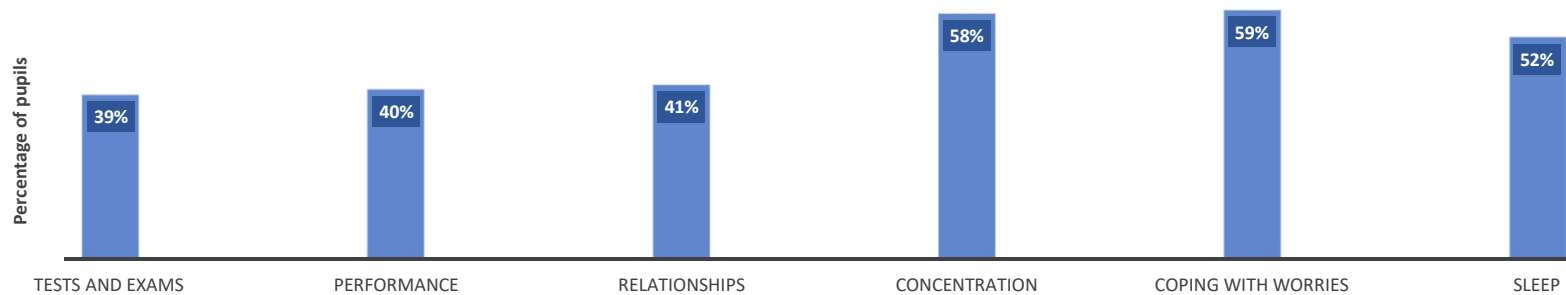


1800  
Pupils

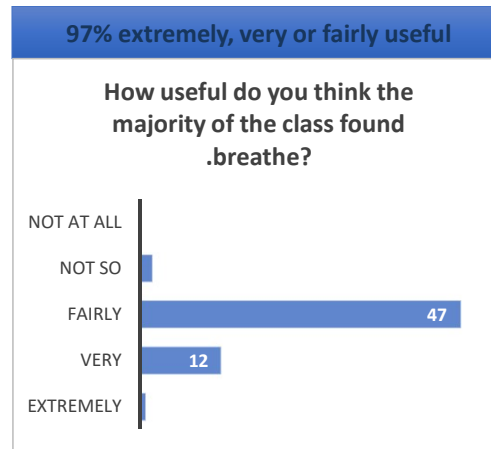
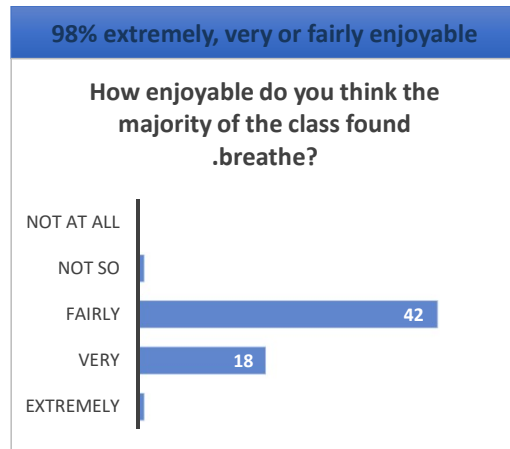
Would you recommend .breathe to your friends?



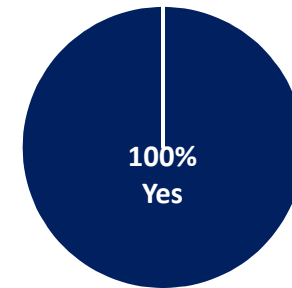
## .breathe supported pupils in the following ways



## Teacher Perceptions of .b

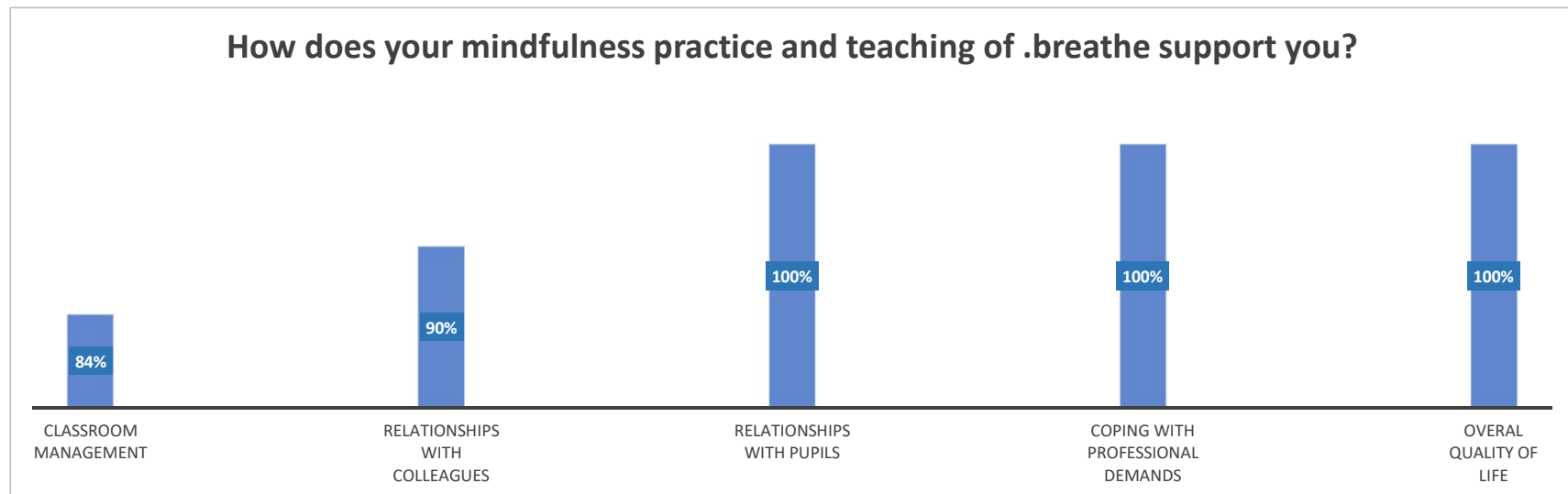


**Would you recommend .breathe to colleagues?**



**62 Teachers**

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



## Headlines

**98% of teachers said the majority of their class found .breathe extremely, very or fairly enjoyable**

**97% 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 with their 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'. "

"Every time I teach .breathe I'm impressed by how much so many of the pupils get from it at such an impressionable - and challenging - time in their lives."

"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."

"It helped me to find strategies to help with worry, which I get sometimes."

"I liked breathe because it has helps me focus when i am struggling and makes me feel better about myself."

## Words Pupils used to Describe .breathe

