Pupil Perceptions of Paws b

92% found the course fairly or very enjoyable

How enjoyable did you find Paws b?

- NOT ENJOYABLE: 1042
- FAIRLY ENJOYABLE: 5166
- VERY ENJOYABLE: 6116

89% found the course fairly or very useful.

How useful did you find Paws b?

- NOT USEFUL: 1336
- FAIRLY USEFUL: 5193
- VERY USEFUL: 5779

86% are likely to use mindfulness again.

How likely are you to use mindfulness again?

- NO, PROBABLY NOT: 1772
- I MIGHT: 5640
- YES, MOST LIKELY: 4896

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: 69%
- WORRY, SADNESS, ANGER: 63%

Data from Nov 2016 to August 2023

Would you recommend Paws b to your friends?

- 26% No
- 74% Yes

14,485 pupils
Teacher Perceptions of Paws b

How enjoyable do you think the class found Paws b?
- NOT AT ALL: 82
- NOT SO: 128
- FAIRLY: 258
- VERY: 146
- EXTREMELY: 3
- NOT SO: 146
- FAIRLY: 258
- VERY: 128
- EXTREMELY: 3

How useful do you think the class found Paws b?
- NOT AT ALL: 58
- NOT SO: 58
- FAIRLY: 261
- VERY: 258
- EXTREMELY: 1

Would you recommend Paws b to colleagues?
- 100% Yes

How does your mindfulness practice and teaching of Paws b support you?
- CLASSROOM MANAGEMENT: 95%
- RELATIONSHIPS WITH COLLEAGUES: 95%
- RELATIONSHIPS WITH PUPILS: 99%
- COPING WITH PROFESSIONAL DEMANDS: 98%
- OVERAL QUALITY OF LIFE: 99%
Headlines

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

99% of teachers said the majority of their class found Paws b extremely, very or fairly useful

100% of teachers said they would recommend Paws b to colleagues

99% of teachers said Paws b supported their pupils in coping with wobbles & worries, sadness or anger

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.
“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.”

“Their class teacher has repeatedly spoken about the immediate impact on the students after the Paws b lesson, the students are much calmer with improved concentration.”

“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 so much with my anger issues and loss of sleep and so much other stuff”

“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

Calm Relax