

Pupil Perceptions of Paws b

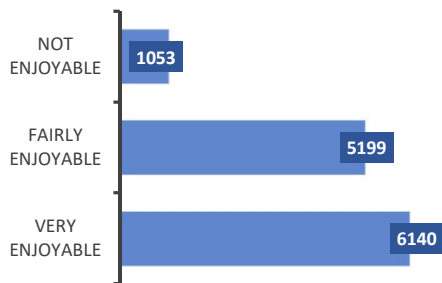
Data from Nov 2016 to December 2023

92% found the course fairly or very enjoyable

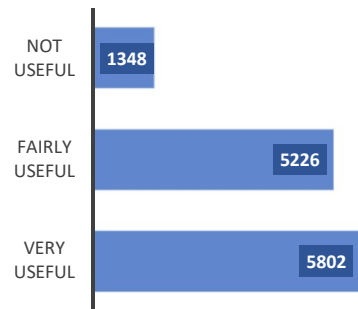
89% found the course fairly or very useful.

86% are likely to use mindfulness again.

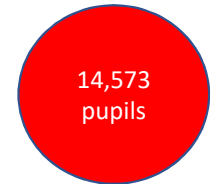
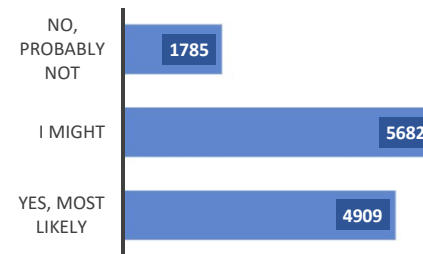
How enjoyable did you find Paws b?



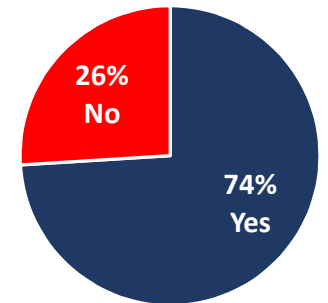
How useful did you find Paws b?



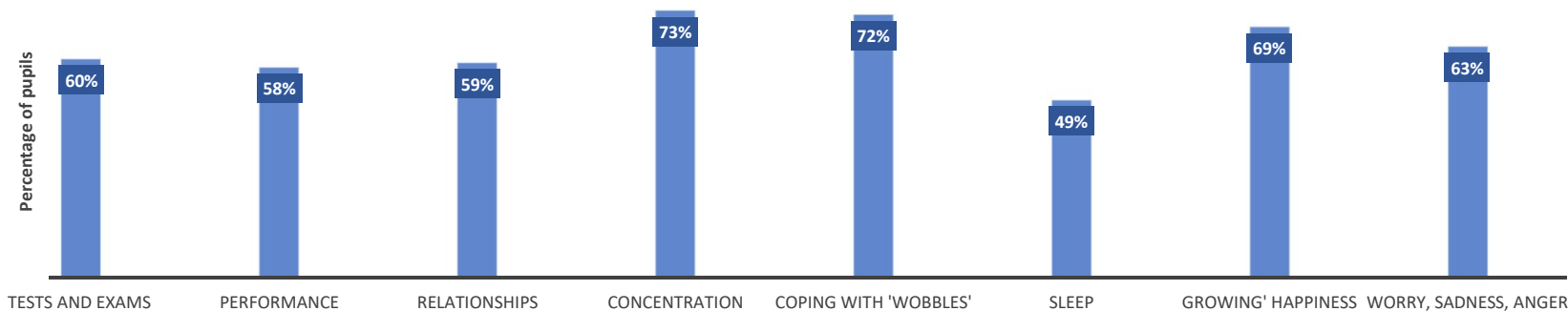
How likely are you to use mindfulness again?



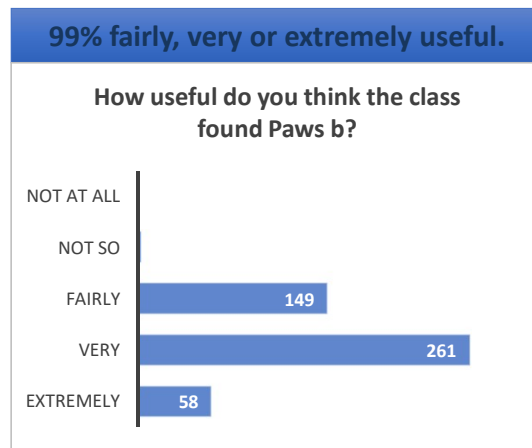
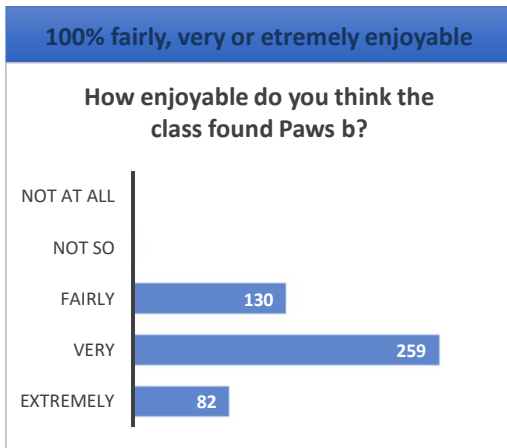
Would you recommend Paws b to your friends?



Paws b supported pupils in the following ways

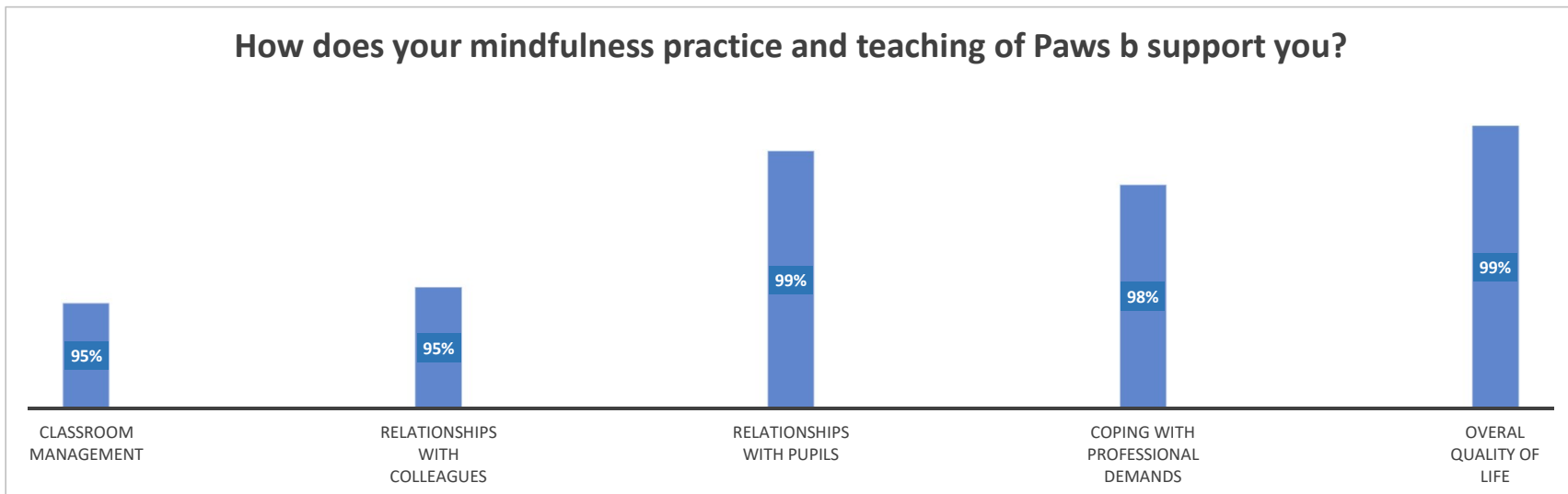
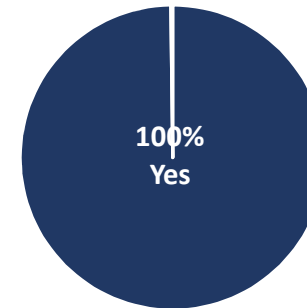


Teacher Perceptions of Paws b



Would you recommend Paws b to colleagues?

502 Teachers



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.**

Teacher and Pupil Comments about Paws b

"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 my 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

