

MiSP

Impact Report 21/22

Mindfulness in Schools Project



Charity number 1168992


Mindfulness in Schools Project

Who we are

- We are a registered charity in England and Wales.
- We provide world-leading curricula for classroom-based mindfulness and train and support teachers to deliver them.
- Our materials are based on research in clinical psychology and neuroscience, written by teachers for teachers, and used successfully in a wide range of educational contexts.

What we do

- We create classroom materials that bring mindfulness to life for children and young people.
- We introduce mindfulness to educators.
- We train teachers to teach mindfulness in schools
- We support the MiSP trained teacher community.
- We support research in mindfulness in education.



Our aim is to bring mindfulness to children and those who care for them

We create classroom materials that bring mindfulness to life for teachers and other educators, children and young people...

What is the impact of our curricula on teachers and other educators, children and young people?

Our dots, Paws b and .b curricula are designed with the following aims:

- For all teachers and other educators, and students to know about mindfulness
- For most to enjoy it
- For many to use it now and again
- For some to practise daily
- For as many as possible to remember it.

Since 2016 we've surveyed

22,904

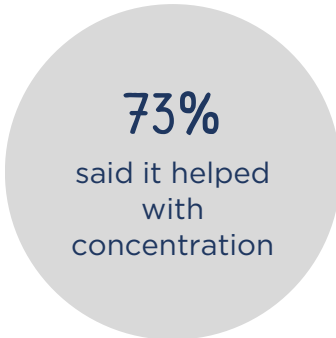
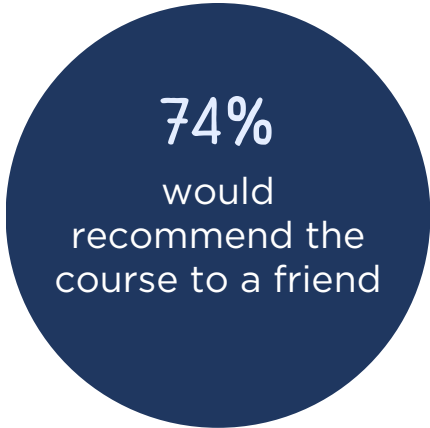
children and young people to assess the impact and credibility of our curricula



In 2021/22 a further

1,913

pupils completed our survey following their Paws b course. We now have feedback from a total of **11,484** Paws b pupils.



Feedback from 7-11 year olds:

Paws b is very nice because it helps you a lot when you are worrying or when you are scared and it also helps you when you are in front of a big crowd.

I think it has really helped my with sleeping and calming myself down.

I liked when we learned about Growing happiness, then we passed smiles around the room and it made me really happy.

The best thing in Paws b is helping you let go of your worries and anger.

Helping me sleep better and making me feel better when I'm sad or worried.

Now, if anything bad happens, I do some petal breathing to stay calm.

It helps out a lot to help me to get to sleep at night so I feel good in the morning.

It helps me calm myself when I am playing video games when I am angry.



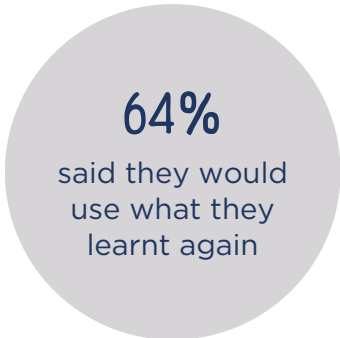
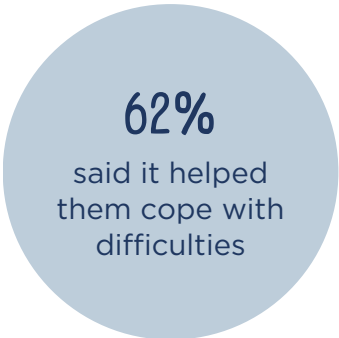


In 2021/22 a further

1,436

pupils completed our survey following their .b course.

We now have feedback from a total of **6,683** .b pupils.



Feedback from 11-18 year olds:

It helped me with my stress, exams and sleeping. I also told some of my friends how to do a .b when they were stressed.

The best thing for me was learning how to stay calm and not overreact that would make it worse. Sometimes it makes you stay out of trouble.

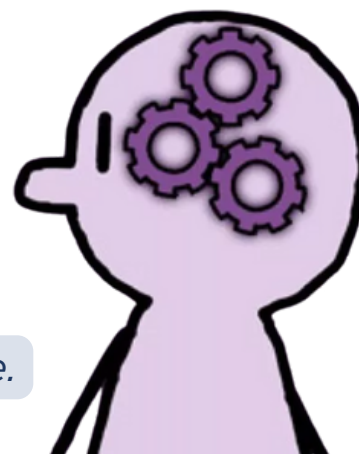
It was fun and very educational. I have been able to sleep so well ever since.

The freedom that we experienced, being calm for the next lesson, which can often feel stressful.

I used the meditation to help me fall asleep and whenever I was nervous e.g. before a sports match.

I really enjoyed looking at the timetable and discovering when the next .b session was, it was always the highlight of the week.

Hundreds of students visited dotbe.org every month; our website to help them practise mindfulness at home.



What is it like to teach our curricula?

In Class Impact surveys teachers told us what it is like to teach our curricula:

99%
said mindfulness practice supported them in their overall quality of life



98%

would recommend Teach .b to a colleague

"Insightful, challenging and inspirational. I am really looking forward to getting started in school."



99%

would recommend Teach Paws b to a colleague

"The sense of community was wonderful, the teaching was top class and I am very grateful for it all."



100%

would recommend Teach dots to a colleague

"I loved every minute of it. The lesson plans are easy to follow and simple to understand; perfect."



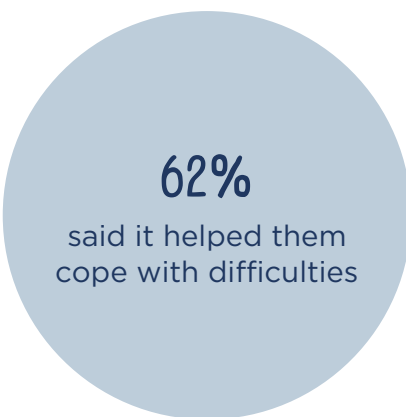
98%

would recommend Teach .breathe to a colleague

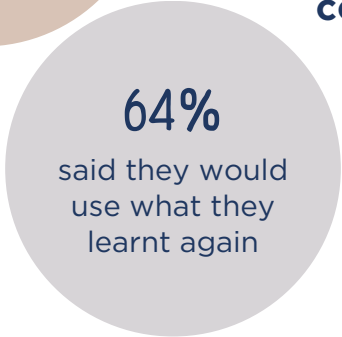
"I think every child will benefit from this therefore every school should teach it as part of their curriculum."



This year we ran 16 .begin courses



We welcomed participants from new locations of Chile, Kuwait, Morocco, Oman, Phillipines and South Africa - a total of 46 different countries since 2017



Feedback from participants:

Very much enjoyed it. I'm experiencing the benefits - more calm and more "present" moments each day.

It was one of the best courses I have attended in my professional career and I would not hesitate to recommend it to others.

This was one of the most enjoyable, rewarding, and insightful courses I have ever participated in.

I really feel that this course has added value to my life. It's obviously an ongoing process but I feel I have made a very good start.

The course is really well designed and I'm excited to continue my Mindfulness journey.

This course was an excellent first step for me to understand and bring Mindfulness to my personal life.

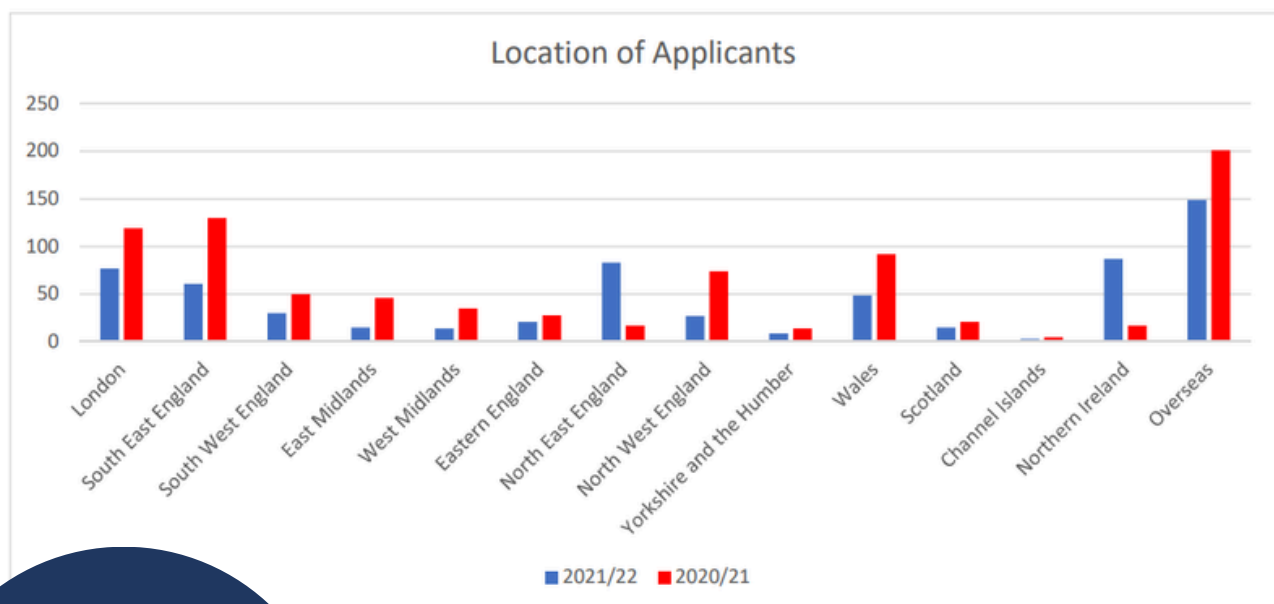
Supporting teachers across the UK...

- **7% of places** on UK courses were supported financially by MiSP.
- **203** people attended a course with financial support from MiSP.
- MiSP offered supported places to schools with higher than average free school meals/ pupil premium, pupils with identified SEN needs, and pupils with English as an additional language.
- In addition, MiSP awarded funding under the **Early Careers' Teacher Support Fund** covering newly qualified teachers.

... And around the world



We are committed to assisting educators worldwide in their efforts to teach mindfulness to children and young people. We are deeply appreciative of our international teachers, who generously offer their translation services pro bono. This has allowed us to offer translated curricula to our entire Hub community.



Since MiSP began, we have had participants from 83 countries join our courses

In 2021-22:

- participants from **37 different countries**, including the UK, took a MiSP course.
- there were **7 overseas partner courses** delivered in Denmark, the Netherlands, Ireland, and Hong Kong.



We pride ourselves on aftercare and ongoing support for our trained teachers

During this year we supported **2586 active Hub members** through events and dedicated support from the MiSP team:

- **21** Hub practice groups
- **5** School Mindfulness Lead practice groups
- **15** Teaching Skills Workshops, including:
 - Understanding Intentions
 - Guiding Practices
 - Nurturing Learning
 - Embodying Mindfulness Qualities
 - Impacting Your Community
 - Following the Science
- **21** Teacher Surgeries (group mentoring) across all MiSP curricula

“Thank you, it was really beneficial to connect with other teachers.”

“Very many thanks for holding these incredibly useful sessions.”

“The workshop helped me realise I was on the right path and achieving more than I had thought. Feel very supported by MISP!”



enquiries@mindfulnessinschools.org
www.mindfulnessinschools.org

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