



Mindfulness in Schools Project



Class Impact Presentation

All Saints Academy
Year 11
Class C



MiSP is a Registered Charity, no. 1168992, est. 2009
MiSP aims to bring mindfulness to all young people and those who care for them.



Class Impact



From 11 (100%) of the pupils in this class

It helped me calm
down

To understand how
to live in the
moment

Speaking to new
people

Helpful

What did you think of .b ?



100% found the course extremely, very or fairly enjoyable.

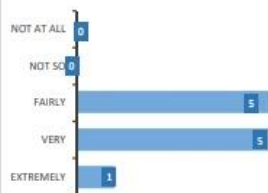


91% found the course extremely, very or fairly useful.

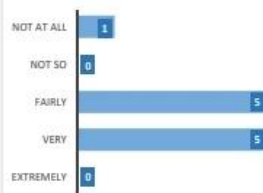


64% are extremely, very or fairly likely to keep using mindfulness.

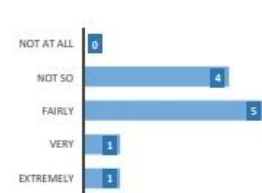
How enjoyable did you find .b?



How useful did you find .b?



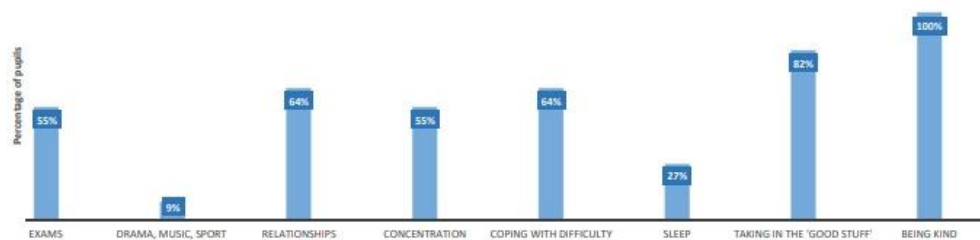
How likely are you to use mindfulness again?



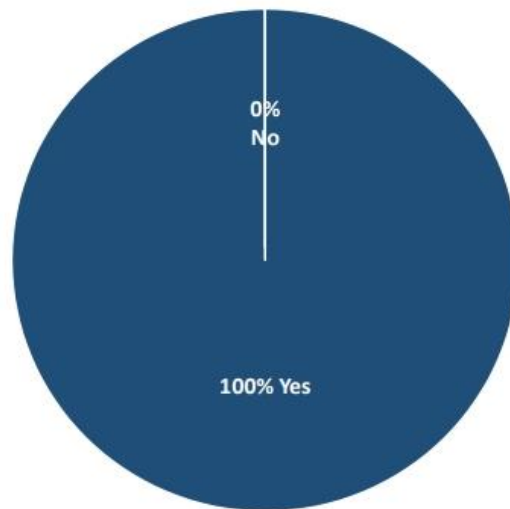
How does .b support you?



.b supported pupils in the following ways



Would you recommend **.b** to your friends?



Which words best describe **.b**?

A word cloud where the word 'WOW' is the largest and most prominent, written in a large, bold, dark blue font. Surrounding it are various other words in different sizes, colors (red, green, and dark blue), and orientations. The words include: 'FUN' (large, red, left), 'TOES' (small, red, top left), 'WIGGLE' (medium, dark blue, bottom left), 'BREATHING' (small, green, bottom left), 'GREAT' (medium, green, top left), 'HELPFUL' (medium, green, top center), 'EXERCISES' (small, red, top right), 'COOL' (medium, red, top right), 'RELAX' (medium, green, middle right), 'CALM' (medium, red, bottom right), 'USEFUL' (small, green, middle right), 'USEFULL' (small, green, bottom right), 'DIFFICULT' (medium, dark blue, bottom center), and 'EDUCATIONAL' (small, dark blue, bottom center).

ACTIVITIES GREAT HELPFUL EXERCISES
TOES FUN WOW COOL USEFUL
WIGGLE RELAX
BREATHING DIFFICULT EDUCATIONAL CALM USEFULL