

# Mindfulness in Schools Project

---



## Class Impact Presentation

Year 2 class



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 18 pupils in this class

Making me happy  
when my mummy  
goes out.

It helps me sleep.

It helps me to not  
cry.

Helps me when I  
get frustrated

calming myself  
down it was really  
helpful

# What did you think of ?



100% found the course very or fairly enjoyable.

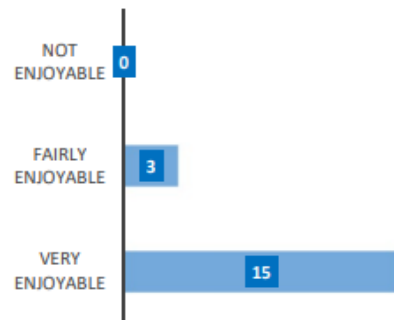


100% found the course very or fairly useful.

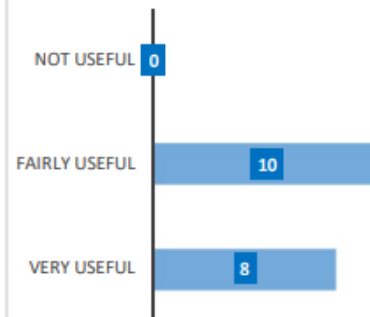


100% are very or fairly likely to keep using mindfulness.

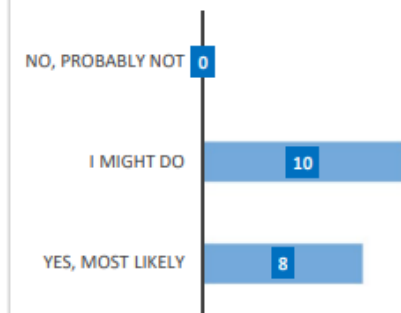
How much did you enjoy Paws b?



How useful was Paws b?



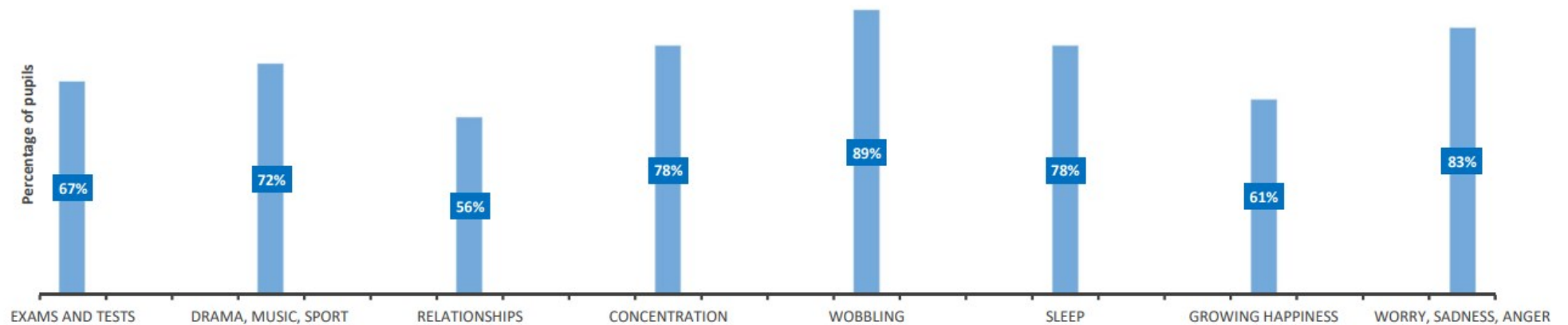
Do you think you will use the practices again?



# How does support you?



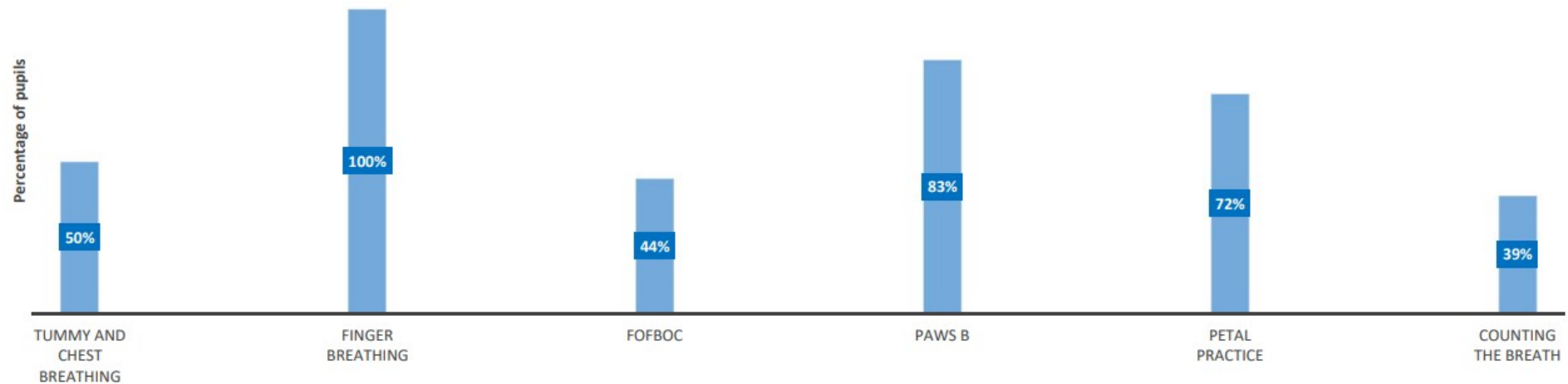
## Paws b supported pupils in the following ways



# Which b practices might you use again?



## Paws b practices that are likely to be used again



Would you recommend  to your friends?

