

# why introduce mindfulness to your school

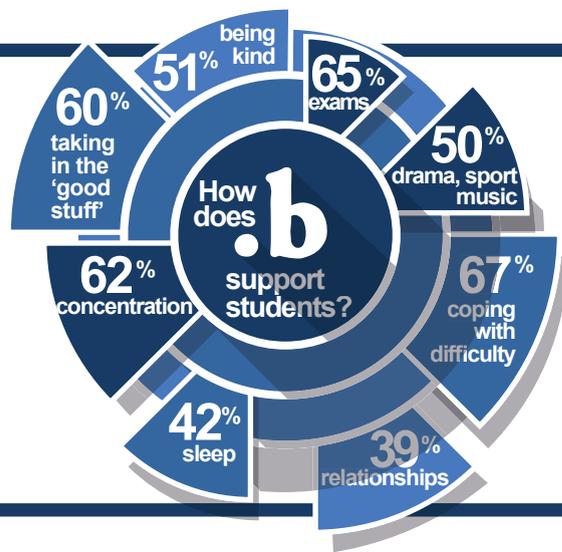
## What are the Potential Benefits?

Mindfulness in schools is not just about children and young people; it is also very much about those who care for them. The benefits of mindfulness in the adult world are well-researched and the positive impact it can have on teachers, counsellors and carers is central to MiSP's vision:



Since MiSP was first established in 2007, a number of studies have been conducted on the effects of its programmes on students and teachers. Most of these studies are small and do not have long term follow-ups, but they indicate that the programmes have potential to improve psychological wellbeing and attention.

These studies have measured changes using self-reported scores on questionnaires, computer-based attention tests, and neurological tests, and have compared the results to 'control groups' who complete the tests at the same times but have not taken part in the courses.



Graphic shows results from a MiSP survey of 1,181 students nationwide who participated in the .b course.

## What teachers & pupils say about mindfulness ...

It helps our pupils to manage the demands they face and supports them in achieving their personal best, whilst maintaining a healthy and balanced perspective on life and the resilience to cope with the occasional disappointment.

Mark Nicholson, Assistant Head, Hampton School

When I was stressed .b helped me. But even when I am not stressed it still is a positive way to start the day.

Ross, aged 11

Mindfulness allows me not to get overwhelmed –it helps me clear my head and focus so that I can take things one step at a time. It has been brilliant for me.

'Charlie', aged 15

I was so inspired by my teacher for teaching me how to do Mindfulness that I actually wanted to try and do a session with my family, and since then I've noticed they've made a massive improvement by being calm.

Ella, aged 9