

RESPONSES FROM
FORM 2 PARTICIPANTS OF
THE .B PROGRAMME
PILOTED IN KH
DURING THE ACADEMIC YEAR 2018-19.

I have used the .b technique when I am struggling to concentrate while doing homework. I think that these techniques are very effective, and really help calm me down and help me concentrate.

Finding out how to just stop thinking about certain things by using your body was useful. Getting to sleep was a lot easier with the help of "beditation" (a .b practice)

I liked the practices because you could experience what deep relaxation felt like.

During a panic attack of sorts, I found it helpful to use the breathing

We learned about ways to cope with stress.

It helped with understanding your brain and learning what to do in some situations, like being nervous or over-thinking.

We got time to relax and to think about the good in life.

Of the students in the three Form 2 classes who did the pilot programme in KH last year:

- 78% would recommend it to a friend.
- 60% said they are extremely, very or fairly likely to keep using mindfulness.
- 68% found the course extremely, very or fairly useful.
- 83% said they found the course extremely, very or fairly enjoyable.