

## Appendix 6 – Tutor report

### *Headspace/Calm*

#### *Train your mind for a happier, healthier life.*

#### *Guided meditation programme to help deal with anxiety, stress, sleep, anger, happiness, self-esteem, patience, kindness and generosity.*

Some of the qualities I was looking for during the programme were enhanced focus, so being able to stay on task longer periods of time and less table kicking. I was also hoping that students would have healthier relationships. This would mean less reports of bullying, less button pushing. I was also hoping to receive better reports from other tutors and staff members.

Initially I wasn't sure what the best way was to gather the thoughts and feelings from the students. I tried a survey on day 1 however it was a little too much for my students to manage so I changed it to a thought log where they log how they feel before the practise then straight after the practise then again after the session. Most of the time they completed the thought log fully without any problem.

The students seemed to really enjoy the first practise and my session that followed went really well. The students were a lot calmer and happier and one of them said because she had had a nice 10-minute practise she would like to do something nice for us the tutors like a hand massage or facial. This sort of behaviour continued over the weeks, the students were a lot less agitated and much more kind to one another. I saw more thoughtful responses and lots more compliments to one another. The time keeping and attendance also improved slightly and I do think I'm seeing fewer mobile phones. One of the girls in my class suggested to the group that they download the app for home use.

At the beginning of the programme the students said they preferred the voice on a different programme so I changed from the Headspace app to the Calm app. Some of the students felt a little self-conscious doing the meditation so we used the curtains around the beds in the beauty therapy room. There weren't always positive comments on the thought logs, there were a few days that they had recorded that their feelings had not improved but most of the time they had. Some of the words they used on the logs were happy, calm, relaxed, motivated, refreshed, positive and tired. Generally, the students in the group are more focused during their tasks and seem to follow instruction better.

The 2 students I have worked closely with during this programme are L and A.

L has improved attitude and attendance and is also a lot more kind, helpful and polite.

A seems to be a lot calmer with less shouting, screaming and bad language. A has also taken up reading which has calmed her down in class if she is to be a model for another student.

I will continue to do meditation in the salon with my students as I feel it makes a huge difference to my classes and the students request it daily.