

# Secondary Student POST Survey (25-26)

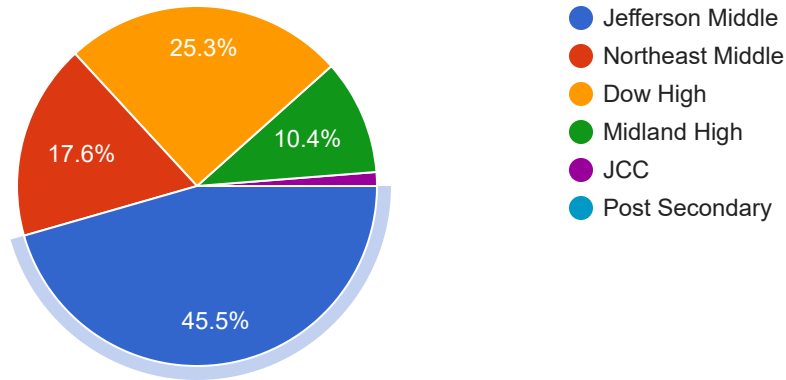
483 responses

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## School you attend:

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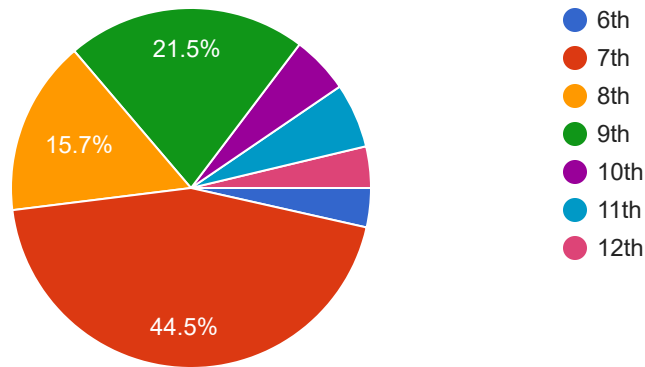
483 responses



## Grade you are in:

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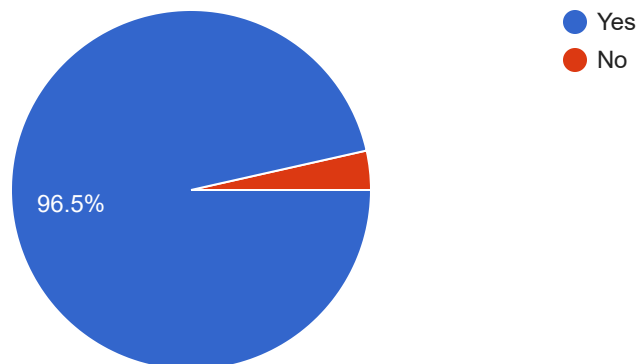
483 responses



## Do you know what mindfulness is?

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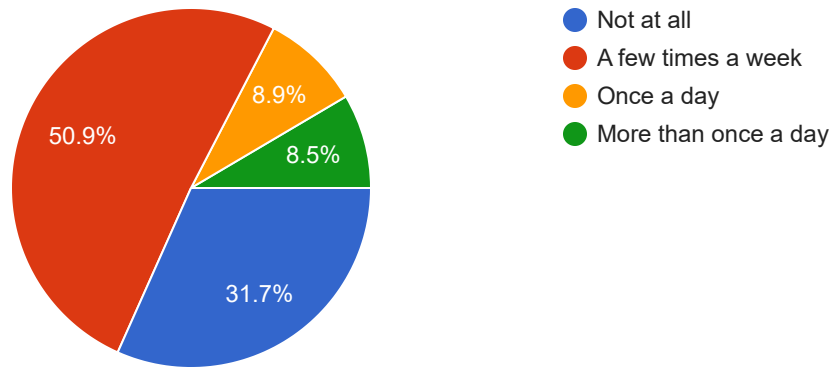
483 responses



### How often have you used mindfulness in the past week?

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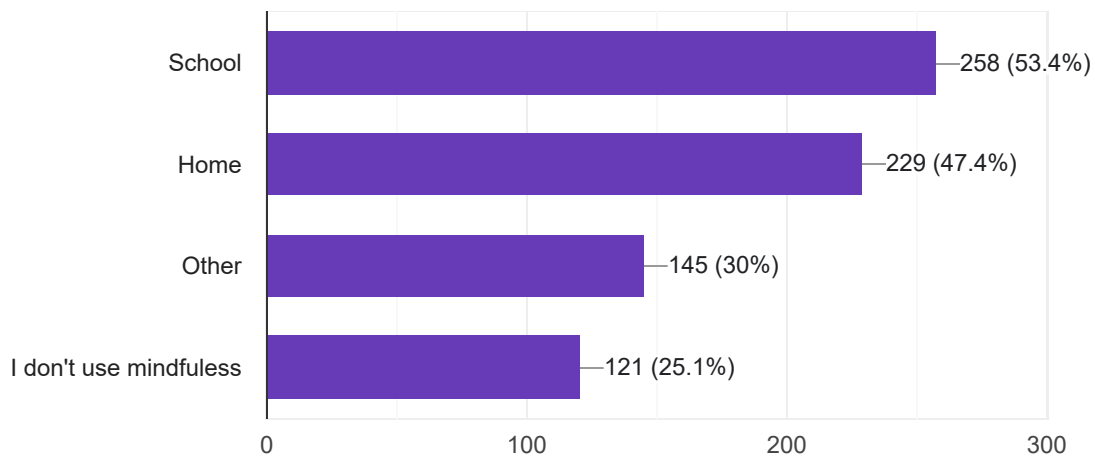
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### Where do you use mindfulness?

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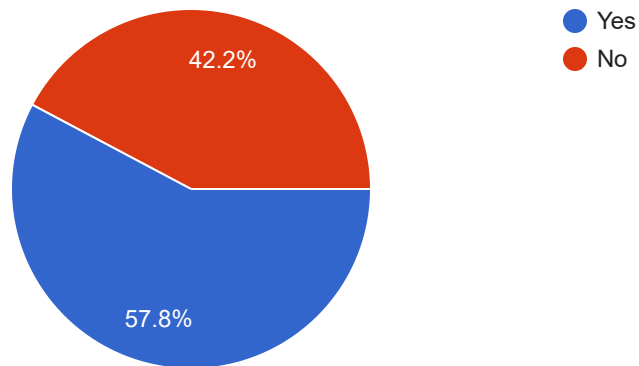
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### Do you use breathing strategies?

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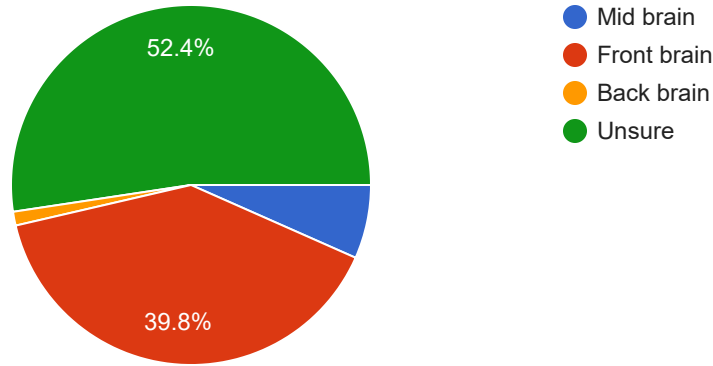
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### What brain state do you do your best learning in?

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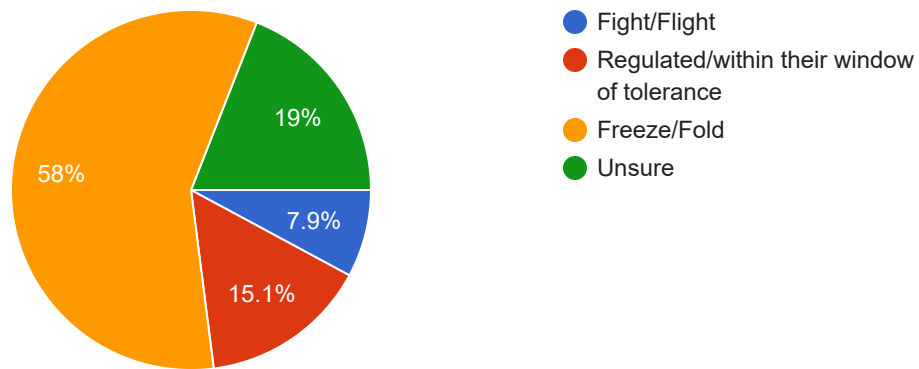
483 responses



### If a student puts their head down and disengages on a regular basis at school, where are they in their window of tolerance?

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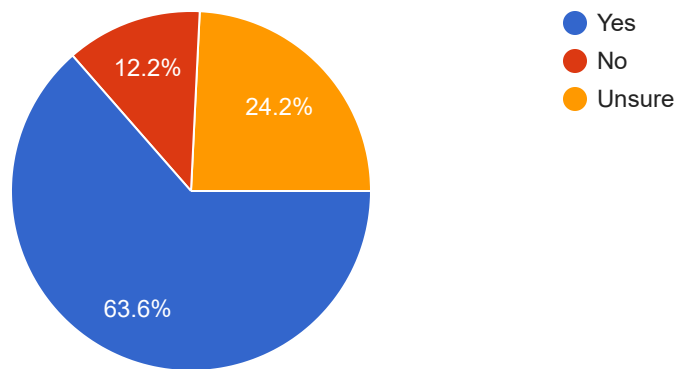
483 responses



### Do you feel like you have appropriate mindfulness tools to help you manage your stress?

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483 responses

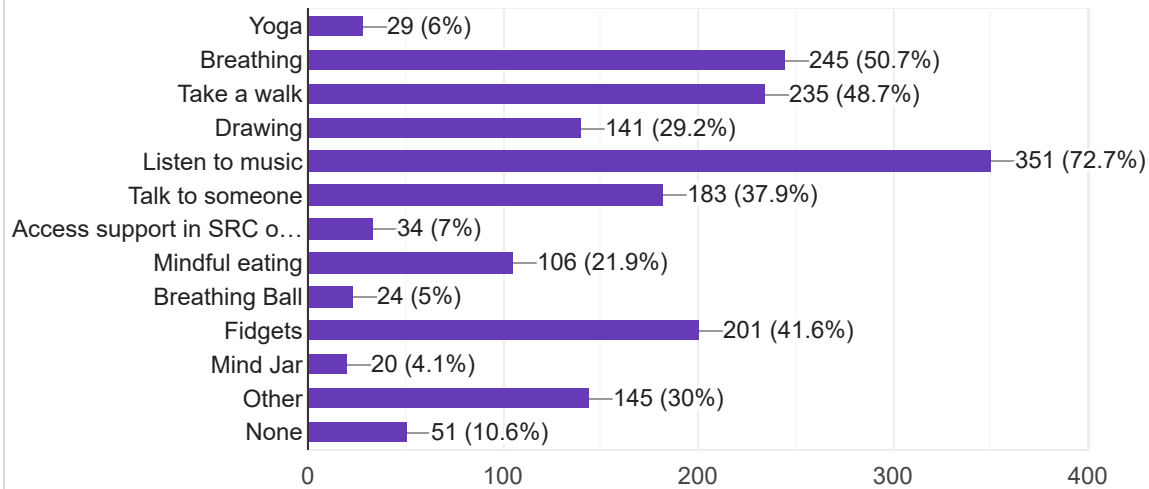


### Which strategies do you use to get back in your window of tolerance?



(Check all that apply)

483 responses

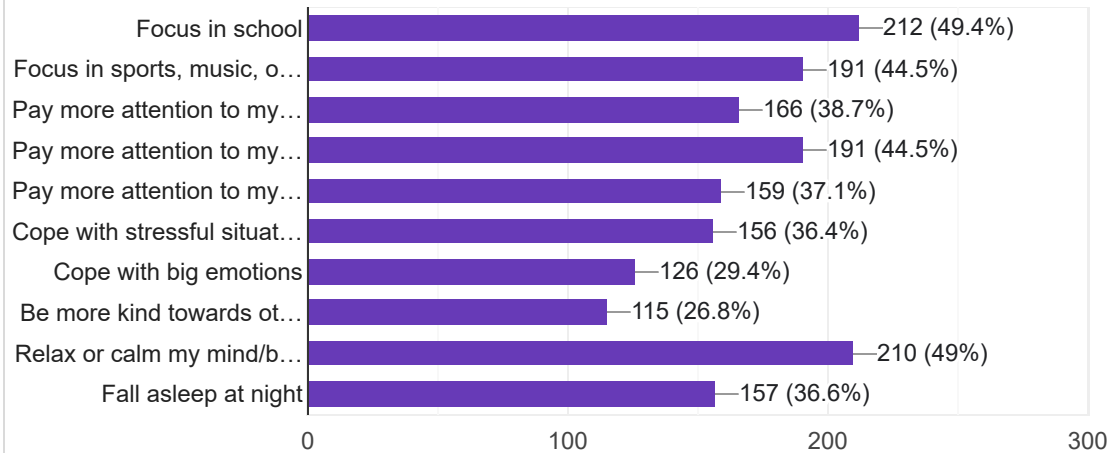


### The skills I have learned during mindfulness lessons have helped me



(check all that apply):

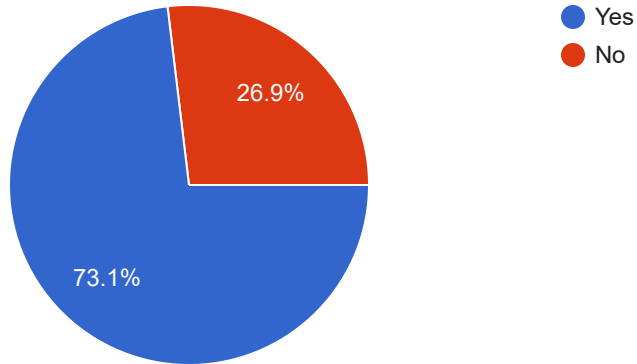
429 responses



Do you plan to continue to use the mindfulness strategies that you have learned?

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472 responses



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