

# Secondary Student POST Survey (25-26)

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Not shared

\* Indicates required question

School you attend: \*

Choose

Grade you are in: \*

Choose

Do you know what mindfulness is? \*

Yes

No

How often have you used mindfulness in the past week? \*

Not at all

A few times a week

Once a day

More than once a day



Where do you use mindfulness? \*

- School
- Home
- Other
- I don't use mindfulness

Do you use breathing strategies? \*

- Yes
- No

What brain state do you do your best learning in? \*

- Mid brain
- Front brain
- Back brain
- Unsure

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

- Fight/Flight
- Regulated/within their window of tolerance
- Freeze/Fold
- Unsure



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

- Yes
- No
- Unsure

Which strategies do you use to get back in your window of tolerance? (Check all that apply) \*

- Yoga
- Breathing
- Take a walk
- Drawing
- Listen to music
- Talk to someone
- Access support in SRC or another supportive person / space
- Mindful eating
- Breathing Ball
- Fidgets
- Mind Jar
- Other
- None



The skills I have learned during mindfulness lessons have helped me (check all that apply):

- Focus in school
- Focus in sports, music, or other activities
- Pay more attention to my feelings
- Pay more attention to my thoughts
- Pay more attention to my behavior
- Cope with stressful situations
- Cope with big emotions
- Be more kind towards others
- Relax or calm my mind/body
- Fall asleep at night

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

- Yes
- No

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