

Elementary Student Mindfulness Post Survey (25-26)

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Not shared

* Indicates required question

What school do you go to? *

- Central Park Elementary
- Adams Elementary
- Siebert Elementary
- Woodcrest Elementary
- Plymouth Elementary
- Chestnut Hill Elementary

What grade are you in? *

- 3rd
- 4th
- 5th

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 at all.

How often does your class use mindfulness together?

- Daily
- Weekly
- Never

What breathing strategies do you use?

- Take 5 breathing
- Shapes breathing (rectangle, square, triangle)
- Anchor Breathing
- Other
- I don't use breathing strategies



What brain state do you do your best learning in?

- Mid brain
- Back Brain
- Front brain
- Unsure

What does your watchdog do?

- Keep me safe
- Help me sleep
- Help me focus in school
- Unsure

What strategies do you use to get back to your Green Zone/into your Window of Tolerance? (check all that you use)

- Yoga
- Breathing
- Taking a walk
- Drawing
- Listening to music
- Breathing Ball
- Calm corner/safe space
- Fidgets
- Sensory Path
- Mind jar
- Other



Is all stress bad?

- Yes
- No

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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