

Elementary Student Mindfulness Post Survey (25-26)

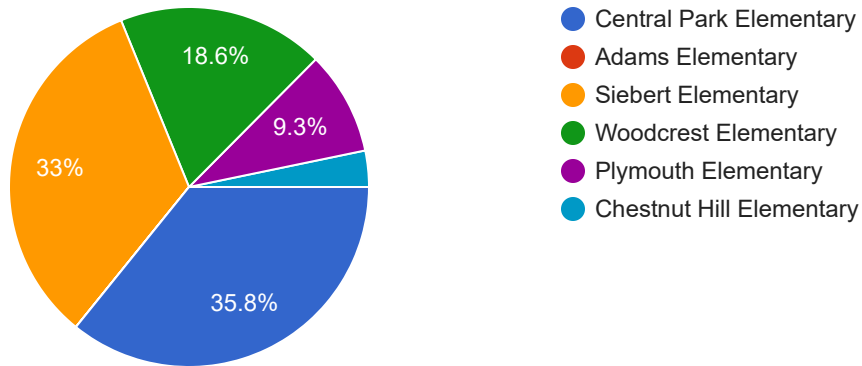
215 responses

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What school do you go to?

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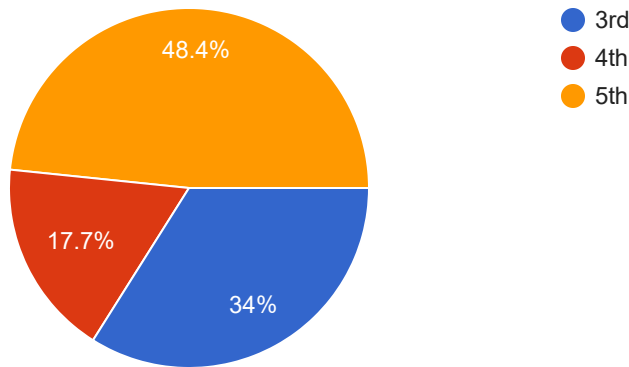
215 responses



What grade are you in?

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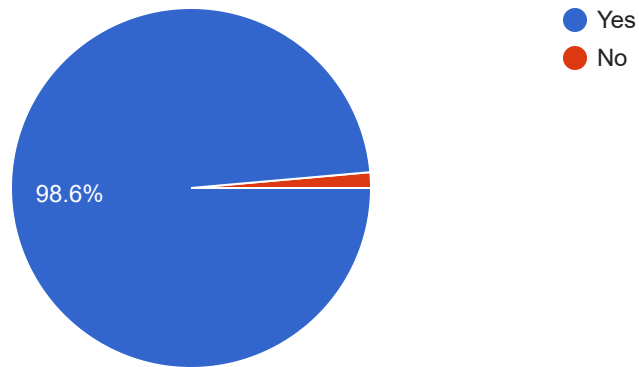
215 responses



Do you know what mindfulness is?

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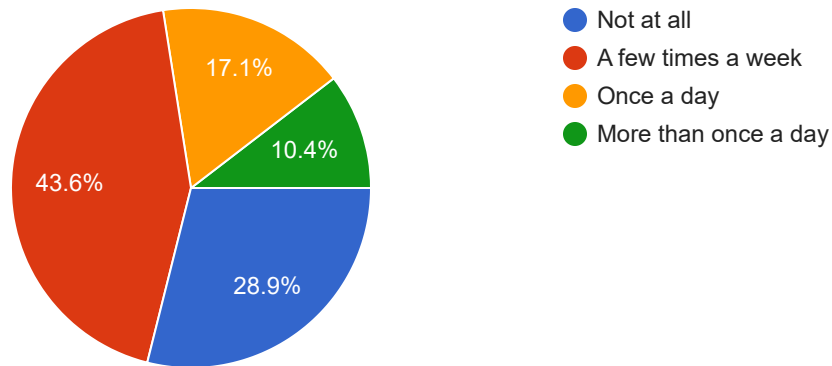
214 responses



How often have you used mindfulness in the past week?

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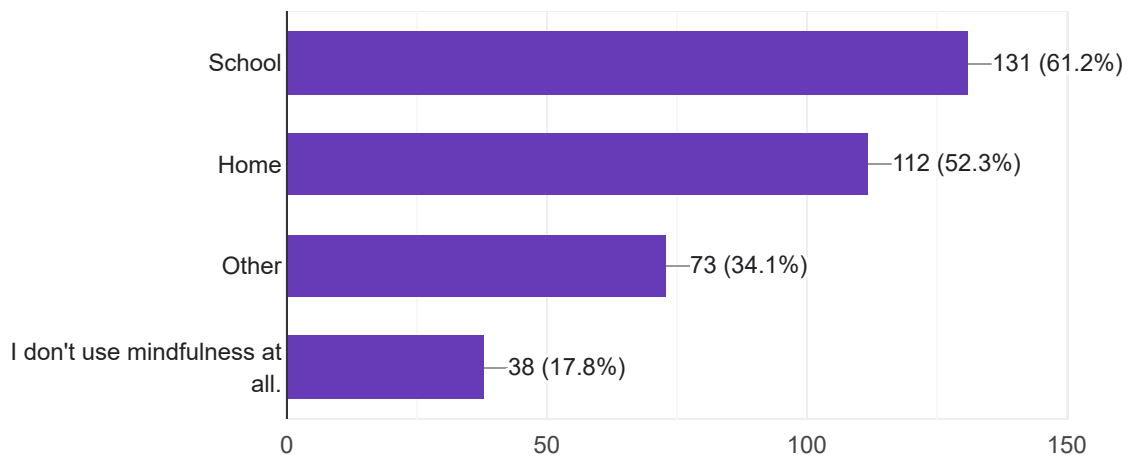
211 responses



Where do you use mindfulness?

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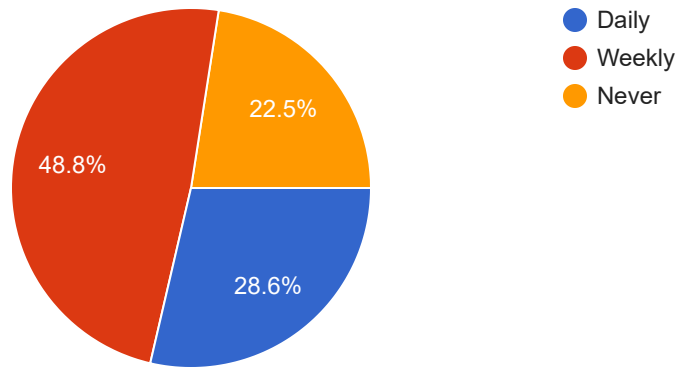
214 responses



How often does your class use mindfulness together?

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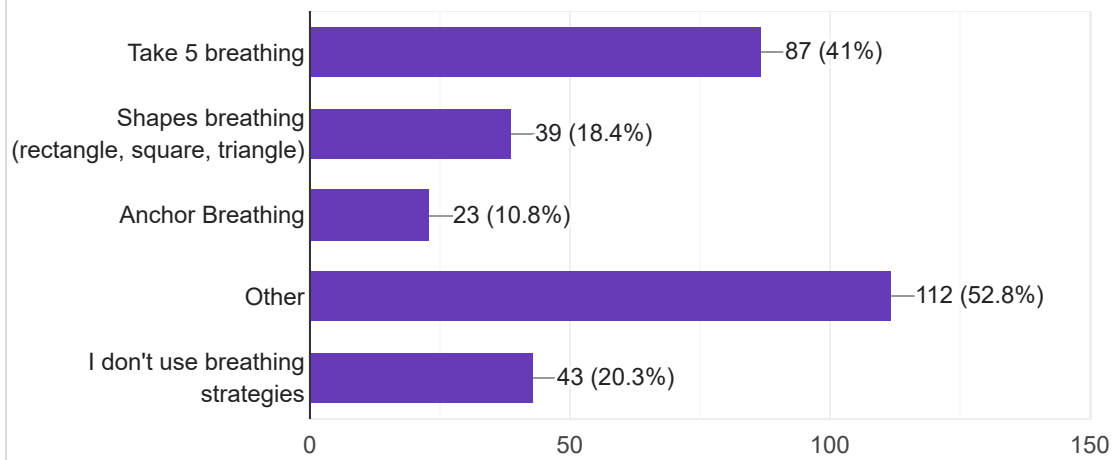
213 responses



What breathing strategies do you use?

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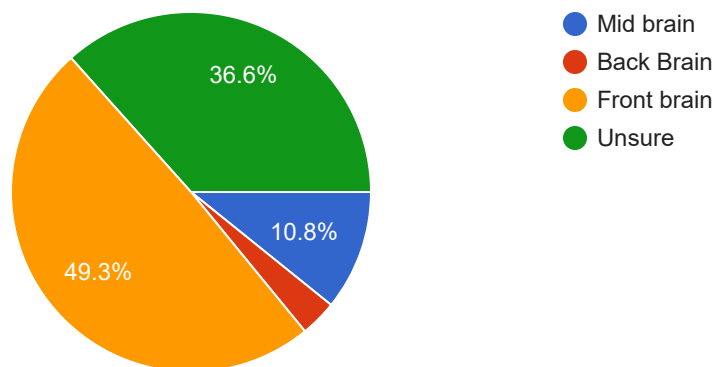
212 responses



What brain state do you do your best learning in?

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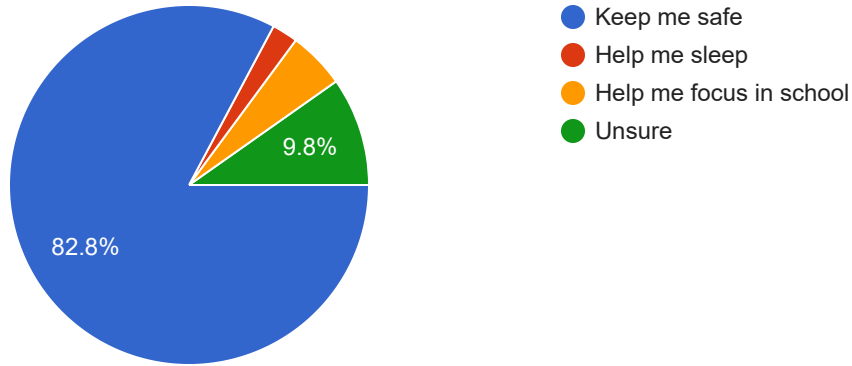
213 responses



What does your watchdog do?

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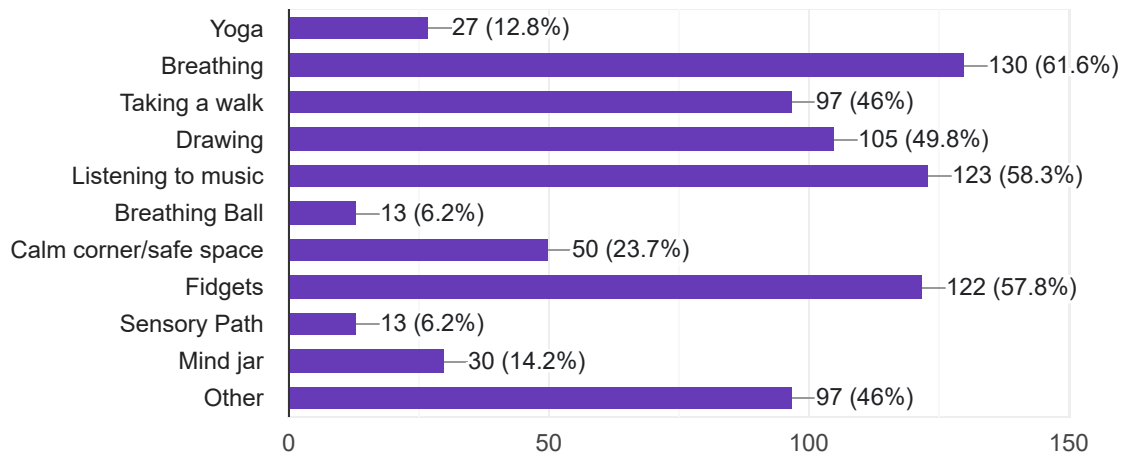
215 responses



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

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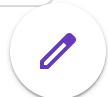
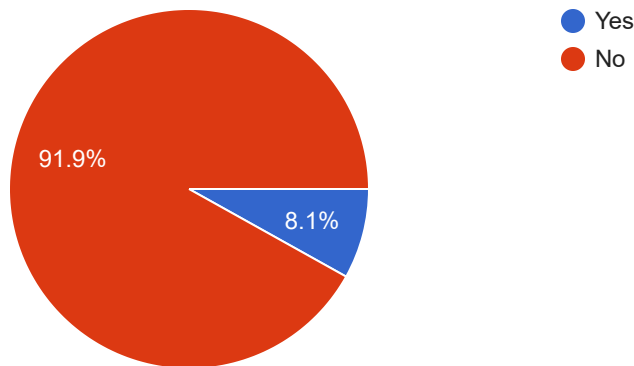
211 responses



Is all stress bad?

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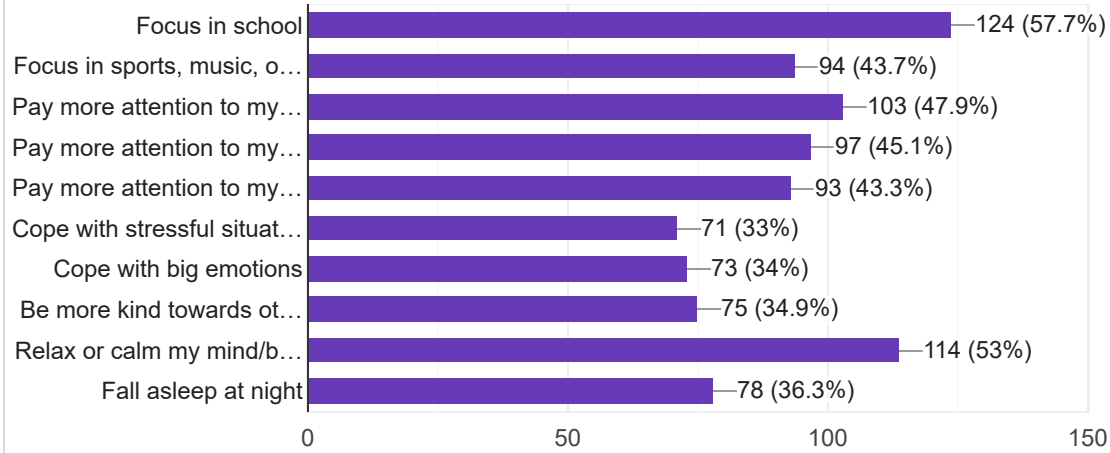
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The skills I have learned during mindfulness lessons have helped me (check all that apply):



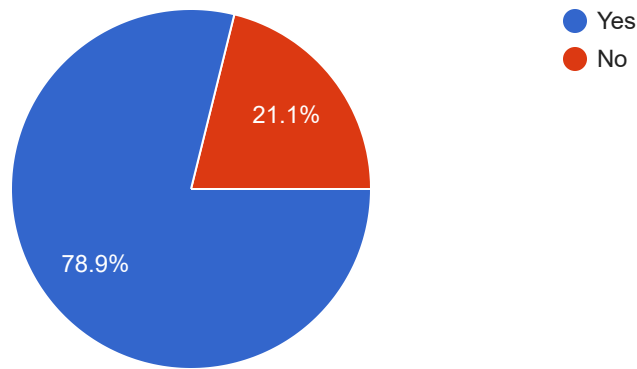
215 responses



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



213 responses



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