



Welcome to the Peace of Mind Survey for 3rd, 4th and 5th graders! There are 16 questions in this survey. There are no wrong answers! If you don't have an answer to a question, it's ok to skip it. All of your answers will be confidential; your teacher won't see them. They go straight to the Peace of Mind organization. Your answers help us make the Peace of Mind program better. Thank you!

1. What grade are you in?

- 3rd
- 4th
- 5th

2. What school do you attend?

- My School
- Other (please specify)

3. What is your teacher's name?

4. How many years have you attended this school (including this year)?

- | | |
|-------------------------|-------------------------|
| <input type="radio"/> 1 | <input type="radio"/> 6 |
| <input type="radio"/> 2 | <input type="radio"/> 7 |
| <input type="radio"/> 3 | <input type="radio"/> 8 |
| <input type="radio"/> 4 | <input type="radio"/> 9 |
| <input type="radio"/> 5 | |



Mindfulness and Focus Comparison

5. How much do you agree with each statement below? Please choose a circle.

	Disagree	Disagree a little	Neither agree or disagree	Agree a little	Agree
I can calm down when I am angry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can calm down when I am frustrated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know how to ease my mind when I worry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. How much do you agree with each statement below? Please choose a circle.

	Disagree	Disagree a little	Neither agree or disagree	Agree a little	Agree
My mind wanders a lot in class	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can ignore distractions in class	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can refocus on my classwork when I'm distracted	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find it hard to pay attention in class	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Kindness Comparison

7. Please choose one circle for each of the following questions.

	Disagree a lot	Disagree a little	Don't disagree or agree	Agree a little	Agree a lot
The adults in my school show kindness.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Kindness happens regularly in my classroom.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Kindness happens regularly in my school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My teacher is kind.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
At my school, I am encouraged to be kind.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Brain

8. Have you ever heard of the....

	no	yes
Amygdala	<input type="radio"/>	<input type="radio"/>
Hippocampus	<input type="radio"/>	<input type="radio"/>
Prefrontal Cortex	<input type="radio"/>	<input type="radio"/>

9. What does each part of the brain help you with?

	Remembering	Making good choices	Fight or Flight reflex	None of these	I don't know
Amygdala	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hippocampus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prefrontal Cortex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Outside of Peace of Mind Class

10. Have you tried these skills outside of peace class?

	No	Yes
Counting Breaths	<input type="radio"/>	<input type="radio"/>
Take Five Breathing	<input type="radio"/>	<input type="radio"/>
Heartfulness	<input type="radio"/>	<input type="radio"/>
Using the Conflict Toolbox	<input type="radio"/>	<input type="radio"/>
Using the Conflict CAT	<input type="radio"/>	<input type="radio"/>
Noticing when you are flipping your lid	<input type="radio"/>	<input type="radio"/>



About Peace of Mind Class

11. Overall, Peace Class has helped me...

- Not at all A lot
 A little A whole lot
 Some

12. How much do the skills you have learned in Peace Class help you...

	not at all	a little	some	a lot	A whole lot
pay attention in class	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
be a better friend	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
get along better with others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
stay calm when you are angry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
at recess	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
in your activities outside of school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
at home	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

13. Please give an example of how you use the skills you learn in Peace Class at school.

14. Please give an example of how you use skills from Peace Class outside of school (at home or during sports or another activity).



Importance

15. Do you think it is important to have Peace of Mind Class at your school?

- No
 Yes

16. Do you think kids at other schools should have Peace of Mind Class?

- No
 Yes



Thank you for filling out this survey! We appreciate it!