

**Peace of Mind at Lafayette Elementary School
Summary of Results of End of Year Survey
August 2018**

Executive Summary

Survey results show that after participating in weekly *Peace of Mind* class for the SY17-18 school year, 3rd 4th and 5th grade students at Lafayette Elementary School perceived benefits in the survey’s areas of focus, including mindfulness, self-calming, mindful attention, conflict resolution and social skills and applied brain science. Students overwhelmingly perceive a kind school climate, think Peace Class is valuable, and recommend it to other schools.

Almost all of the students (95%) report Peace Class has been helpful to them. The majority of students find that skills they have learned in Peace Class contribute “a lot” or “a whole lot” to helping them pay attention in class, get along better with others, and to stay calm when they are angry or stressed. Most - 75% - students find these skills help them “a lot” or “a whole lot” to be a better friend. Most students used skills they have learned both at home and at school. All students exhibit knowledge of the parts of the brain related to the skills they are learning. In sum, the vast majority of students report an array of perceived benefits of Peace Class.

Overview and Participants

Lafayette 3rd, 4th and 5th graders completed a voluntary online survey about Peace Class during the week of May 28th 2018. The surveys were developed by Peace of Mind Inc with guidance from Dr. Laura Feagans Gould, a researcher specializing in the field of school-based mindfulness. The survey assessed student-perceived benefits and generalization of skill use across the domains of mindfulness, self-calming, mindful attention, conflict resolution and social skills, applied brain science. It also included a question about school climate. Participation in the survey was completely voluntary; responses were anonymous and confidential.

A total of 116 students voluntarily completed the electronic survey.

	3 rd Grade	4th Grade	5th Grade	TOTAL
Responses	30 26%	54 47%	32 27%	116

Over 80% of the students have attended Lafayette, and therefore received weekly Peace Class, for 4 years or more. Average attendance of all survey respondents was 4.76 years.

Responses were analyzed using Survey Monkey and by Peace of Mind staff following guidance provided by Dr. Gould. Dr. Gould designed and analyzed the results of the Lafayette Student Survey carried out by Minds Inc. in 2016.

Following is a summary of results and results for each question.

Summary of Lafayette Student Survey Results Spring 2018

✓ **Students perceive significant benefits from Peace Class.**

- The majority of students (68%) report that Peace Class has helped them “a whole lot” or “a lot.” Most – 95% - feel it has helped them to some degree. Very few (5%) feel it has not helped them at all.
- Over 90% feel it is important to have Peace Class at their school and that other schools should have it too.
- The majority of students find that skills they have learned in Peace Class contribute “a lot” or “a whole lot” to helping them pay attention in class, get along better with others, and to stay calm when they are angry. Notably, 75% find these skills help them “a lot” or “a whole lot” to be a better friend.
- The majority finds the skills they have learned helpful at school and at home.

At school students find the skills they have learned most helpful in: staying focused on classroom tasks; calming test-related anxiety; being aware of and managing challenging emotions such as anger; solving conflicts with friends; supporting and caring for others; managing emotions when feeling left out or when people are mean.

At home students find the skills they have learned most helpful in: managing conflict with siblings or parents; managing challenges in sports (losing a game, team dynamics, anxiety); when they need help falling asleep; solving conflicts with friends; supporting and helping others; managing emotions such as anger, anxiety, nervousness, sadness.

- ✓ **Students exhibit strong knowledge of relevant parts of the brain and their function.** 100% of students can identify the three parts of the brain that relate to managing challenging emotions and making good decisions, and over 95% correctly identify the function of each part.

- ✓ **Students show a high level of perceived self-calming skill.** The majority of respondents “agree” or “agree a little” that they are able to calm down when they are angry (72%) or frustrated (84%), and know how to ease their minds when they worry (72%).
- ✓ **Students show a high level of perceived mindful attention skill.** The majority of students say they are able to ignore distractions in class (64%) and refocus on their classwork when they are distracted (74%).
- ✓ **Students perceive a kind school climate.** Most - 90% - students agree “a lot” that they are encouraged to be kind at school. Most agree “a lot” that the “adults in my school show kindness” and that “My teacher is kind.”