



Peace of Mind

Peace of Mind Post-Pilot Teacher Survey 2017-2018

Dear Teachers,

Thank you for taking a few minutes to fill out this survey. There are 16 multiple choice questions; many have optional comment boxes. Your feedback matters to us and helps us to improve the ways we support you and your students. There are no right answers; we are interested in your unique experience. Thank you!

* 1. What is the name of your school?

* 2. How long have you been a teacher?

- 1 - 2 years
- 3-5 years
- 5-10 years
- 10 - 20 years
- more than 20 years

* 3. What year of teaching will this be for you at this school?

* 4. Which grade(s) are you teaching this year?

PreK

K

1

2

3

4

5

5. Do you have a personal mindfulness practice?

No

Yes

Comments



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6. Overall, how much has the Peace of Mind Curriculum helped your students this year?

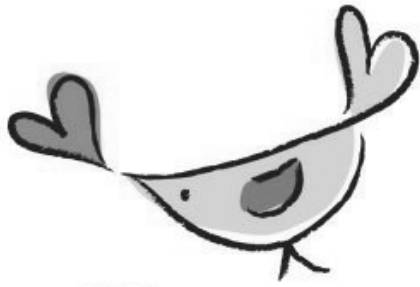
- Not at all
- A little
- A moderate amount
- A lot
- A great deal

Comments:

7. Overall, how much has the Peace of Mind curriculum helped you this year?

- Not at all
- A little
- A moderate amount
- A lot
- A great deal

Please explain:



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8. Please rate the Peace of Mind Curriculum in the following categories:

| | Very Dissatisfied | Dissatisfied | Neither satisfied nor dissatisfied | Satisfied | Very Satisfied | N/A |
|--|-----------------------|-----------------------|---------------------------------------|-----------------------|-----------------------|-----------------------|
| Relevance | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Ease of use | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Effectiveness | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Compared to other SEL Curricula I have used | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |



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9. What Peace of Mind lesson have you most recently taught?

10. Have you taught all of the Peace of Mind lessons in order?

- No
- Yes

* 11. To what extent has the Peace of Mind curriculum helped your students to be able to:

| | Not at all | A bit | Somewhat | A good deal | A lot |
|--------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Self-regulate emotions and behaviors | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Solve conflicts peacefully | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Be kind to others | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Empathize with others | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Focus their attention | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Manage academic related anxiety | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Be ready to learn | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Other (please describe)



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* 12. At this point in time, how often do your students:

| | Never | Rarely | Sometimes | Most of the time | Regularly |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Use breathing to help manage challenging emotions | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Comments

| | | | | | |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Demonstrate an understanding of the parts of the brain that relate to anger, anxiety, self-calming, making choices | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Comments

| | | | | | |
|------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Act in kind ways | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
|------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Comments

| | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Demonstrate gratitude | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Comments

| | | | | | |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Calm themselves when they are excited or angry | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Comments

| | | | | | |
|--------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Focus their attention when requested | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
|--------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Comments

| | | | | | |
|------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Resolve conflicts peacefully | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
|------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|

Comments

13. Given the choice, how likely would you be to use Peace of Mind again with your students next year?

- Very unlikely
- Unlikely
- Neither likely nor unlikely
- Likely
- Very likely

Comments welcome

14. How likely are you to recommend Peace of Mind to a colleague?

- Very unlikely
- Unlikely
- Neither likely nor unlikely
- Likely
- Very likely

Comments welcome

15. How satisfied are you with the support you received in teaching Peace of Mind this year?

- Satisfied
- Neither satisfied nor dissatisfied
- Dissatisfied

16. What type of Peace of Mind support would you value in the future?

- Training Webinars
- Training Videos
- In-person workshops
- Email consultation with trainers
- Community of Practice gathering
- Full day conference
- Relationship with a mentor teacher
- Other (please specify)

17. Thank you for filling out this survey, and for joining us as a Peace of Mind classroom. If there is anything else you would like to tell us, please leave a note here. We value your thoughts!