

\* 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. How familiar are you with mindfulness?

- Not familiar at all
- Not very familiar
- Somewhat Familiar
- Familiar
- Very familiar

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6. Do you have a personal mindfulness practice? If so, please tell us about it.

- no
- yes

Please tell us about your mindfulness practice if you have one.

\* 7. Have you received training in teaching mindfulness to elementary school students?

- no
- yes

If you have, please tell us about any mindfulness teacher training you have completed

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8. Have you taught social and emotional learning or conflict resolution lessons to elementary school students?

- no
- yes

If you have, please tell us about teaching these lessons, what curricula you have used, what training you have received, or anything else you'd like to share here.

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9. Are you using the Peace of Mind curriculum with your class this year?

- Yes
- No
- I'm not sure

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10. How many Peace of Mind lessons have you taught to date?

- None
- 1
- 2
- 3
- 4
- 5
- 6
- more than 6

11. Why are you interested in bringing the Peace of Mind Curriculum to your students?

\* 12. How important is it that your students receive the following from The Peace of Mind Curriculum?

	Not Necessary	Not Very Important	Somewhat important	Important	Very important
Greater ability to self-regulate emotions and behaviors	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Skills to solve conflicts peacefully	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practice in being kind to others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practice in empathizing with others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Greater ability to focus their attention	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Skills to manage academic related anxiety	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other (please describe)

13. What challenges, if any, do you anticipate in implementing the Peace of Mind Curriculum?

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\* 14. At this point in time, how often do you expect your students to:

	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	<input type="text"/>				
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	<input type="text"/>				
Act in kind ways	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Comments	<input type="text"/>				
Demonstrate gratitude	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Comments	<input type="text"/>				
Calm themselves when they are excited or angry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Comments	<input type="text"/>				
Focus their attention when requested	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Comments	<input type="text"/>				
Resolve conflicts peacefully	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Comments	<input type="text"/>				

15. How can the Peace of Mind staff help you most as you implement the Peace of Mind Curriculum this year?

16. Thank you for filling out this survey! If there is anything else you would like to tell us, please leave a note here. We wish you a wonderful year ahead!