



## About 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)?

1

5

2

6

3

7

4



## Mindfulness

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

	Disagree a lot	Disagree a little	Neither agree or disagree	Agree a little	Agree a lot
I get angry easily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can calm down when I get angry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know when I am frustrated.	<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 when I am worried or anxious.	<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 a lot	Disagree a little	Neither agree or disagree	Agree a little	Agree a lot
My mind wanders a lot in class.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often bump into people or knock things over by mistake.	<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

7. How much do you agree with each statement below? Please choose a circle for each line.

	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 Science

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

	Yes	No
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"/>



## Conflict Resolution

10. If you are having an argument at school with someone about what game to play, or who goes first, tell us about the steps you use to solve the problem (what do you do first? what do you do next?)

11. How often does this work for you?

- It usually does not work
- It works some of the time
- It works most of the time
- It works all of the time



## Managing Big Emotions

12. If you feel yourself getting angry at school, what can you do to calm yourself down?

13. How often does this work for you?

- It usually does not work
- It works some of the time
- It works most of the time
- It works all of the time

14. If you feel yourself getting worried or anxious at school, what can you do to help yourself feel better?

15. How often does this work for you?

- It usually does not work
- It works some of the time
- It works most of the time
- It works all of the time



## Focus

16. If your mind begins to wander in class, how can you help yourself focus your attention again?

17. How often does this work for you?

- It usually does not work
- It works some of the time
- It works most of the time
- It works all of the time

Congratulations, you are done here! Thank you so much for filling out this survey.





The End!

18. Anything else you'd like to say?