



# Arroyo Seco Elementary School

During Trimester 3 of the 2016-17 school year two teachers incorporated mindfulness activities into their daily routine.

The teachers received approximately 4 hours of training across 3 separate meetings.

The students received one behaviorist led activity on their fantastic elastic brain.



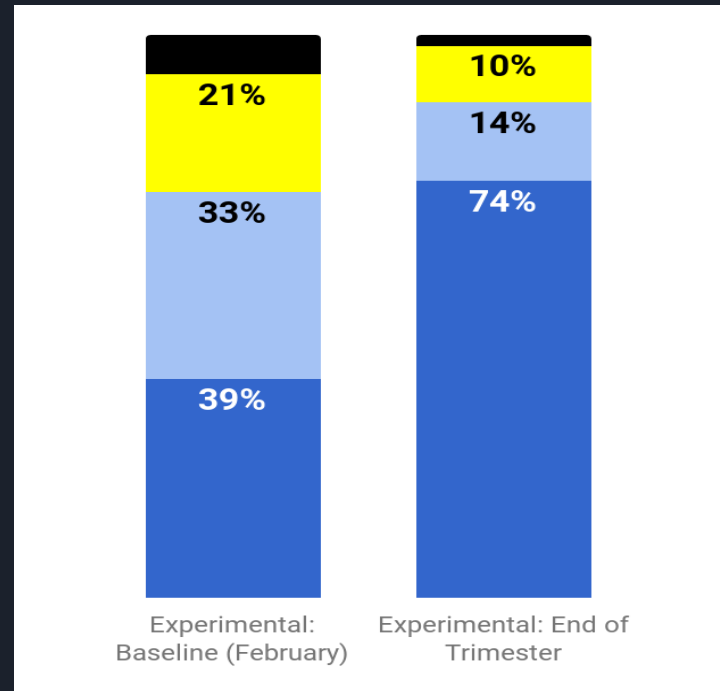
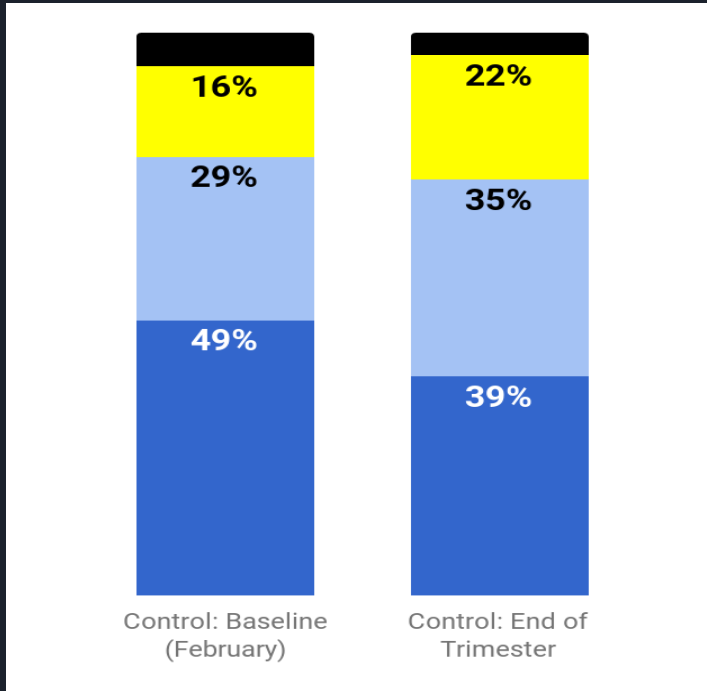
<b>How I Feel</b>		Happy	OK	Bored	Sad	Worried	Mad
<b>Going to School</b>							
<b>Talking to my Teacher</b>							
<b>Being in Class</b>							
<b>Going to Recess</b>							
<b>Learning</b>							
<b>Friends</b>							
<b>Going Home</b>							

Pre & Post Assessment

The results  
are in...

Mindfulness Works!

# How I Feel About Being in Class



Good



OK



Bored



Negative

# 67%

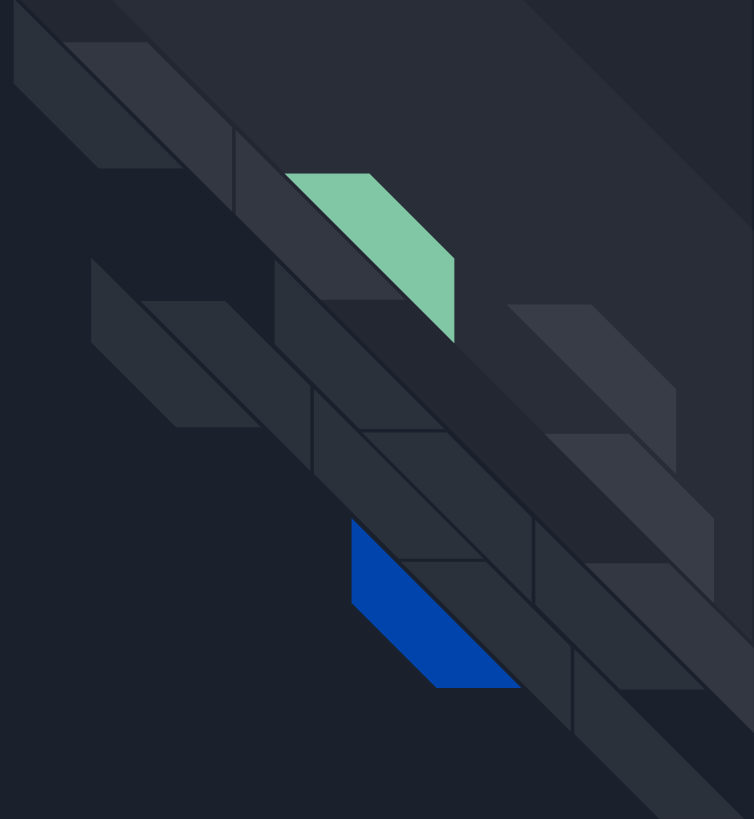
Of students who initially reported being

**BORED**

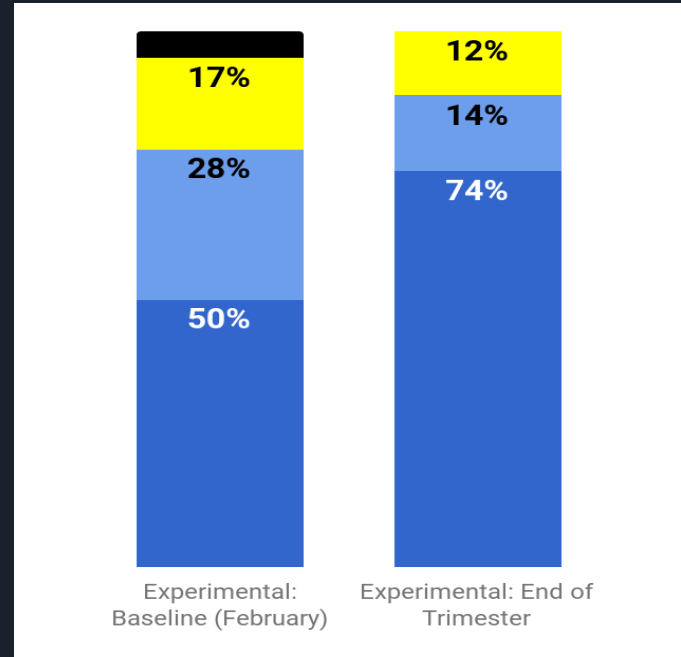
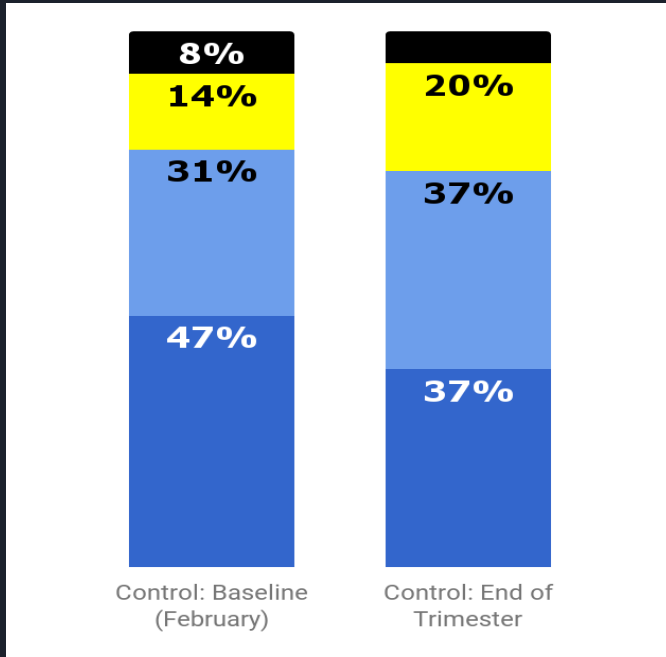
in class

later reported feeling

**GOOD**



# How I Feel About Learning



Good



OK



Bored



Negative

# 63%

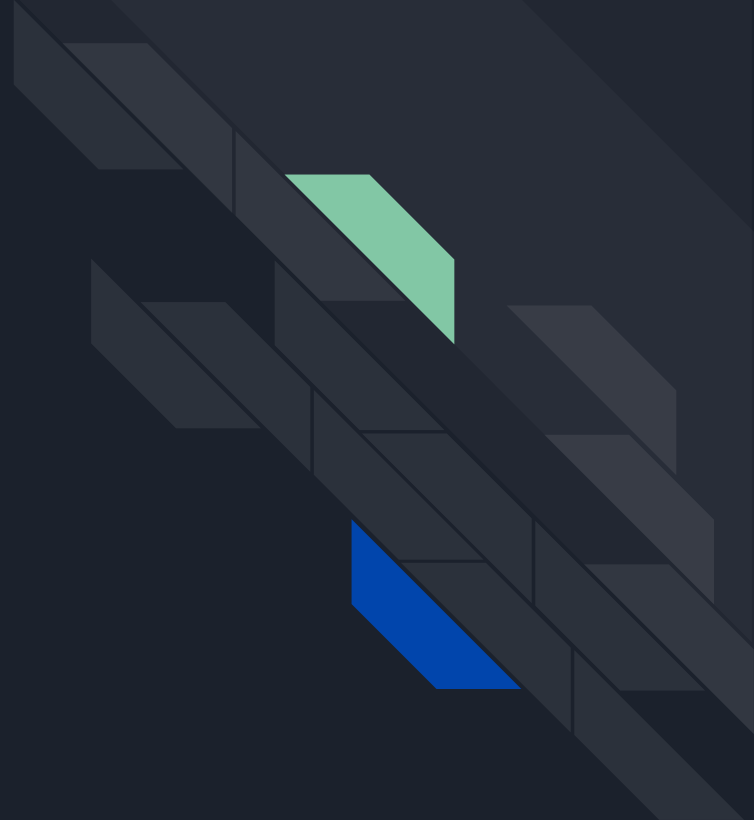
Of students who initially reported being

**BORED** (5 of 6) or **SAD** (1 of 6)

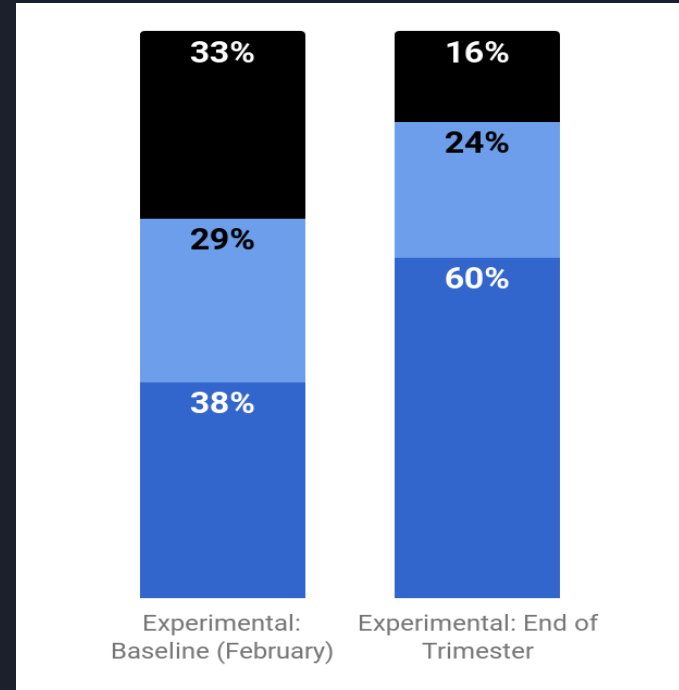
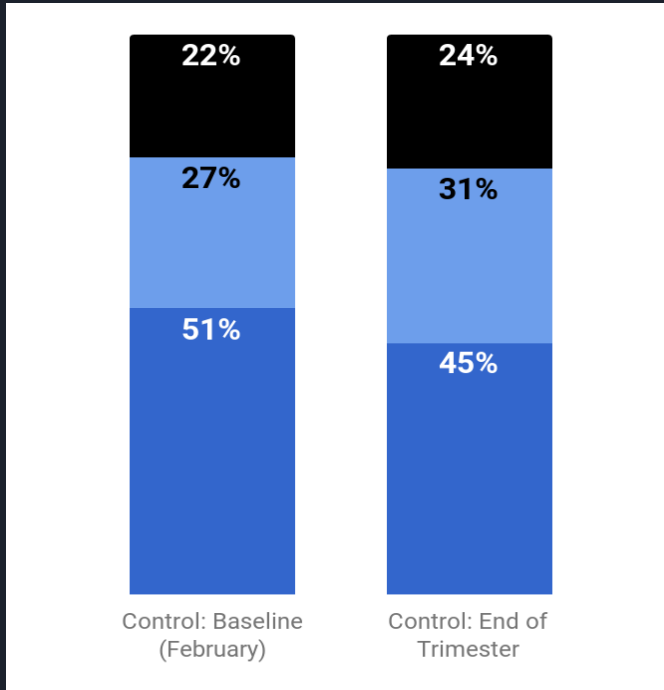
About Learning

later reported feeling

**GOOD**



# How I Feel About Talking to my Teacher



Good



OK



Anxious



# 60%

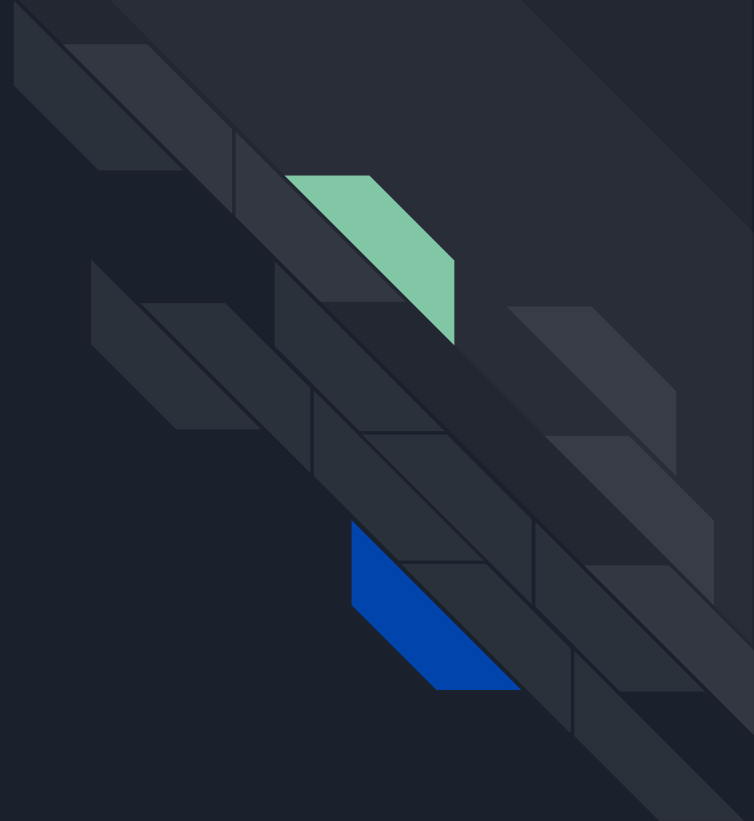
Of students who initially reported feeling

**ANXIOUS**

When Talking to their Teacher

later reported feeling

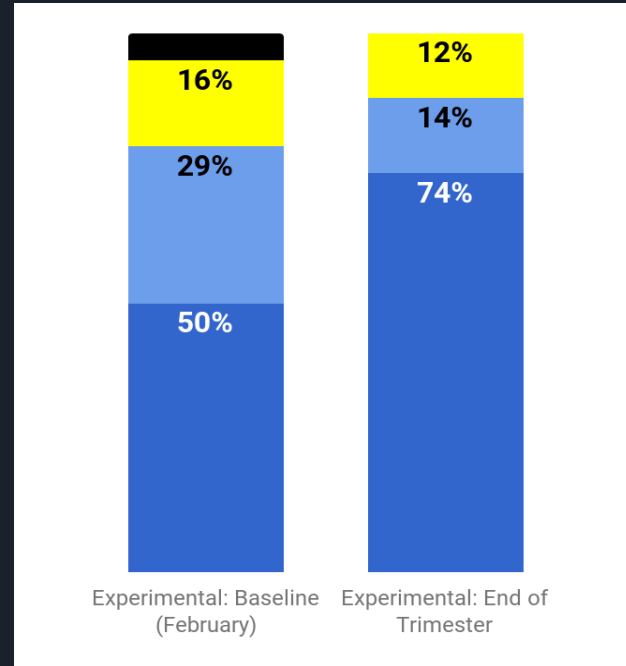
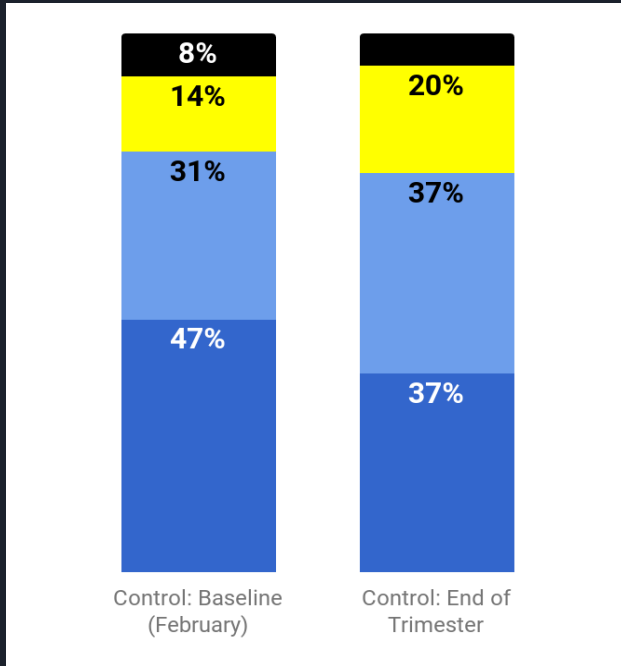
**GOOD**



*But Wait...*  
**THERE'S  
MORE!!!**



# How I Feel About Going Home



Good



OK



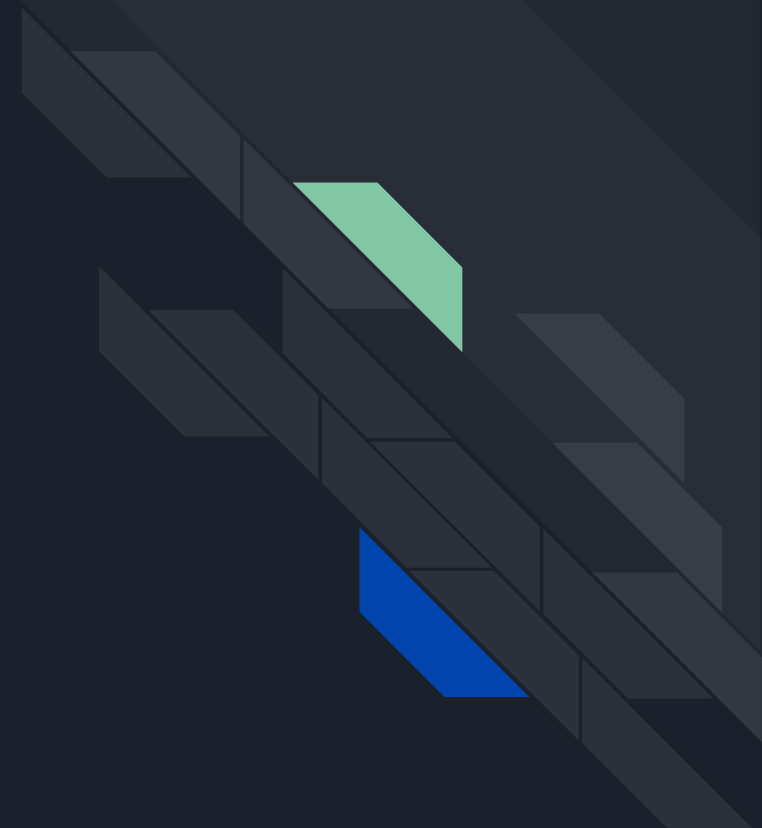
Bored



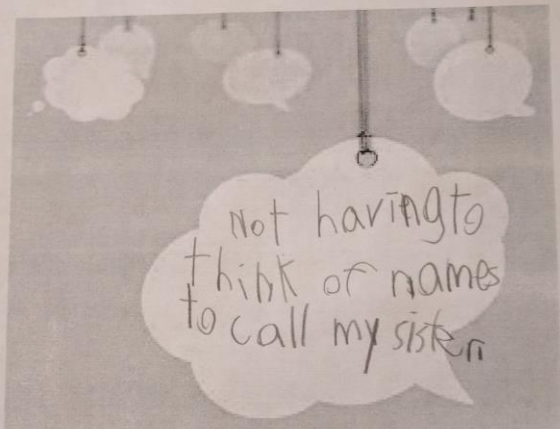
Negative



The Things  
Kids Say...



What I Like about Mindfulness



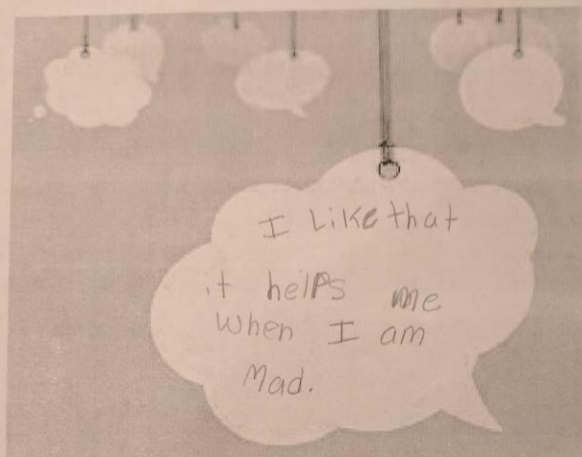
Things I learned from being mindful:

Not to call my sister  
names,

Jacob #D?nd

(First Name, Grade)

What I Like about Mindfulness



Things I learned from being mindful:

I learned to be kind.

I learned to share.

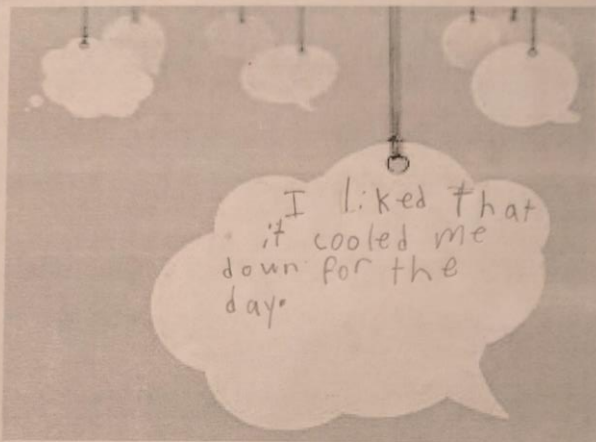
I learned that it calms me down.

I learned that it helps me.

Jamie 3rd Grade

(First Name, Grade)

What I Like about Mindfulness



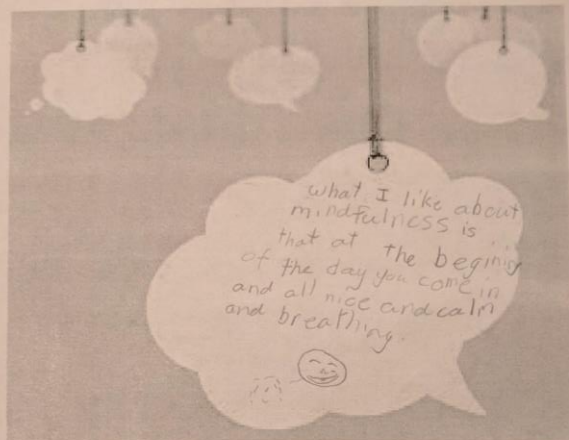
Things I learned from being mindful:

I learned that being mindful  
helps me focus more on  
work.

Anthony 3rd

(First Name, Grade)

What I Like about Mindfulness



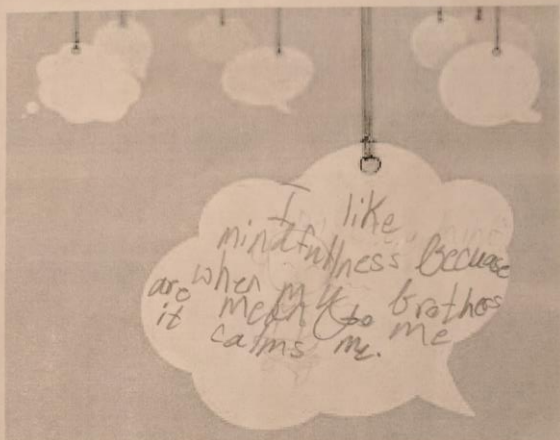
Things I learned from being mindful:

what I learned from being mindful is  
being calm and enjoying the moment.

(First Name, Grade)

Olivia Grade 3

What I Like about Mindfulness



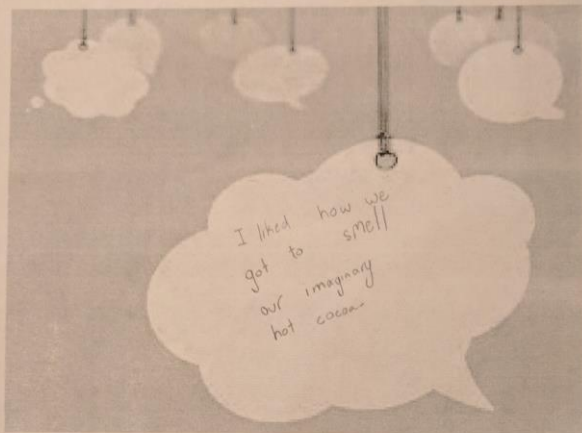
Things I learned from being mindful:

I learned to be mindful and calm. It also helps me with focusing.

Juliana 3<sup>rd</sup> grade

(First Name, Grade)

What I Like about Mindfulness



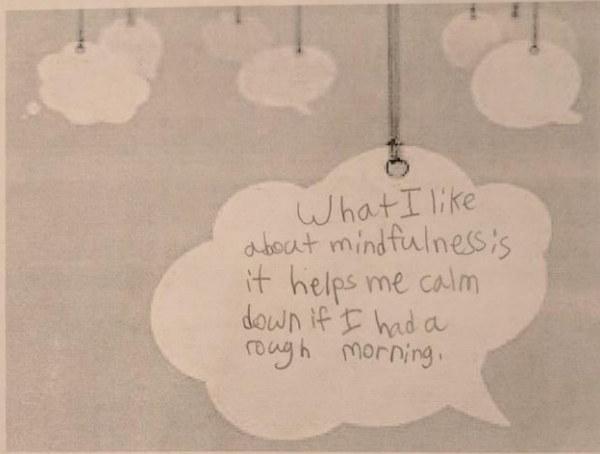
Things I learned from being mindful:

The things I learned from being mindful is that you treat people the way you want to be treated. I also learned that you should respectful and nice.

Carla 3<sup>rd</sup>

(First Name, Grade)

What I Like about Mindfulness



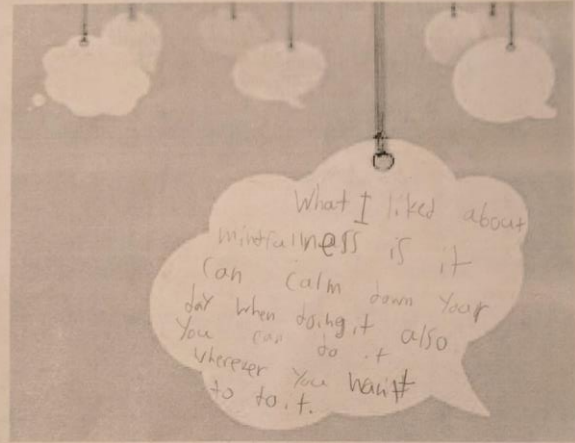
Things I learned from being mindful:

I learned that if your mindful  
you can control your self  
and think.

Adriana 3rd grade  
(First Name, Grade)

Adriana 3rd grade

What I Like about Mindfulness



Things I learned from being mindful:

Things I learned from being mindful  
is thinking what you should do  
that nice later in the day.

Carter 3 grade 3  
(First Name, Grade)

Carter 3