

Parent Mindfulness Survey Responses

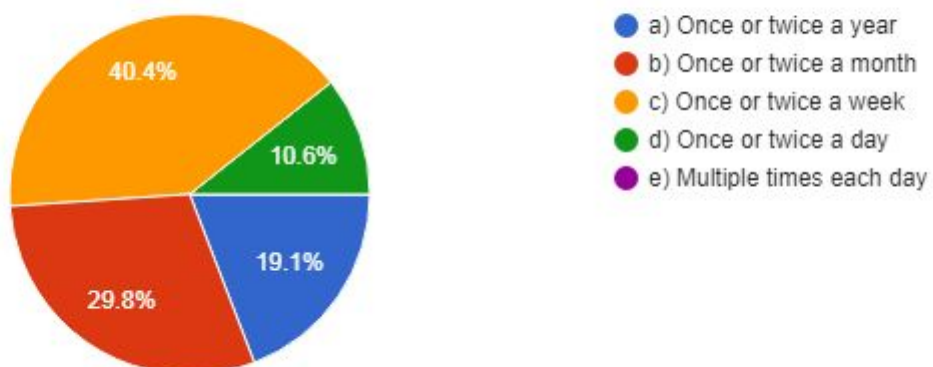
1. In order to improve Mindfulness at Greenland, would you be willing to learn and implement Mindfulness strategies at home?

47 responses



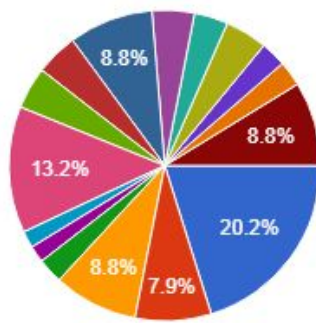
2. How often does your child seem worried or anxious?

47 responses



What helps your child feel at ease?

114 responses



- Talking/Encourage
- Hugs
- Sleep/Rest in a relaxing place
- Follow Routines
- Eating/Baking
- Pray
- Spending time with family/friends
- Reading/Writing

▲ 1/2 ▼

- Deep Breaths
- Art/Colouring/Drawing
- Watching TV/Movies
- Playing Sports or Games
- Music
- Walking
- Yoga/Meditation
- Other (Relaxing Bath, Vitamin D, Te...)

▲ 2/2 ▼