

Parent Mindfulness Survey

Greenland's Wellness Committee wants to hear from you about our upcoming focus on **Mindfulness!**

Mindfulness is all about being present in the moment, and learning to observe and manage one's emotions peacefully.

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

_____ YES

_____ NO

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

_____ a) Once or twice a year

_____ b) Once or twice a month

_____ c) Once or twice a week

_____ d) Once or twice a day

_____ e) Multiple times each day

3. What helps your child feel at ease?

Thank you! We appreciated your time and your help! 😊