

Student Mindfulness Feedback

Please answer these questions as honestly.

1. We have been practicing being mindful in our classes. How often do you think we should practice mindfulness as a class?

- a) Once a week b) 2-3 times a week c) Once a day d) A few times a day?

2. When do you think is the best time for practicing mindfulness as a class? Circle as many as you need to.

- a) After morning announcements
b) After morning recess
c) After lunch recess
d) A different time, when _____

3. What do you like most about doing the mindfulness activities in the classroom?

4. What do you find challenging when doing mindfulness activities in the classroom?

5. How often do you practice mindfulness on your own time?

- a) Never b) Sometimes c) Most of the time

6. How comfortable do you feel practicing mindfulness techniques on your own?

- a) Not comfortable b) a little bit comfortable c) mostly comfortable