



mindful littles®

ORINDA UNION 3RD GRADE PILOT

Jan-June 2020

PROGRAM OVERVIEW

In the 2019-2020 school year, Mindful Littles piloted our MYSELF™ Classrooms in 11 3rd grade classrooms in the Orinda Union School District. The goal of the study was to evaluate our classroom program and determine whether our program had provided positive directional shifts in social-emotional improvements.

Mindful Littles facilitators provided:

- Weekly 20 minute lessons in MYSELF™ (Mindfulness, Yoga, SEL & Fun) curriculum
- Visual Aids & Educator Emails

Pre-Survey was provided in collaboration with researcher from UC Berkeley, but due to the global pandemic and school closures, we couldn't administer the same exact post-survey.

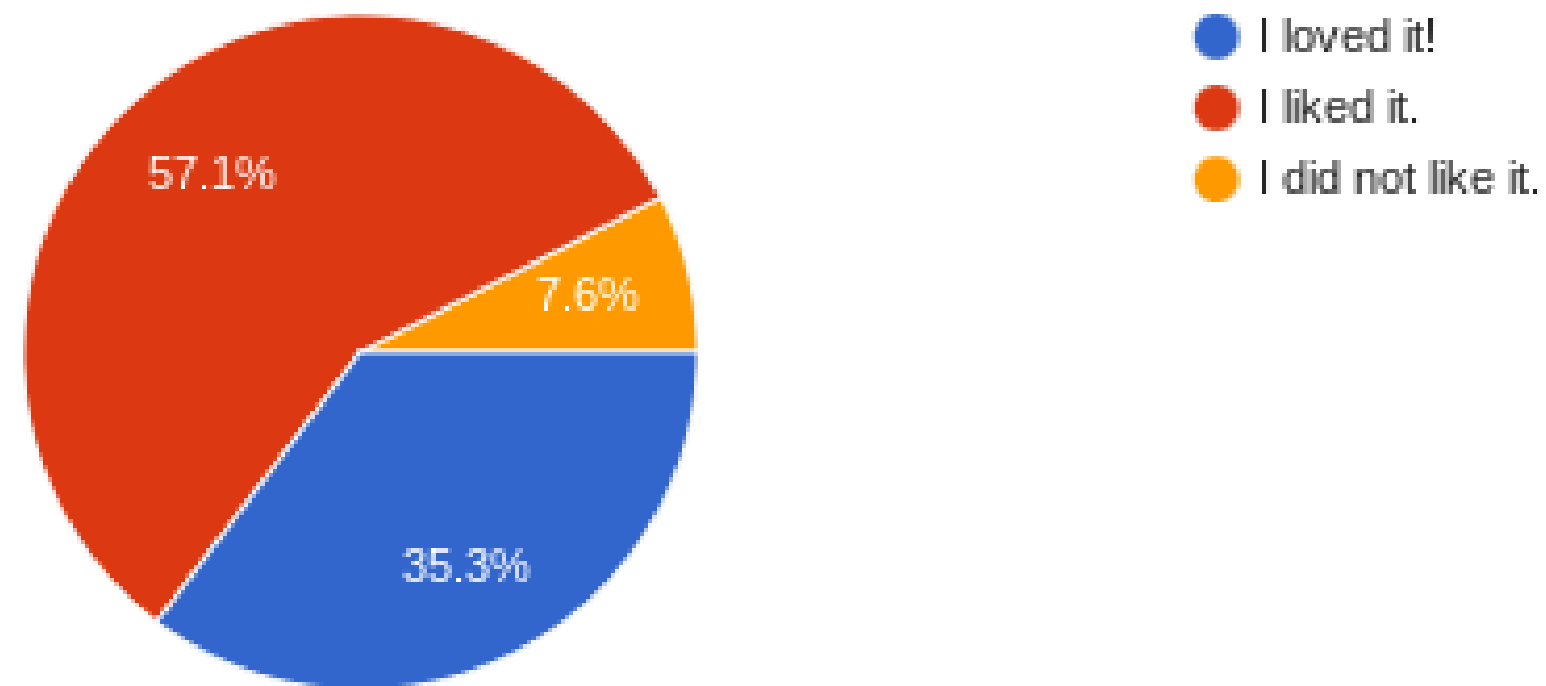
During Shelter-in-Place, Mindful Littles joined weekly Live Zoom sessions to continue delivering lessons to help with mental well-being to 8 of the classrooms. At the end of program a new program evaluation survey was sent to all teachers and students. Results from the survey are provided below from 119 3rd grade students and 8 3rd grade teachers.

STUDENT ENGAGEMENT

92% 3rd grade students liked/loved program with 35% loving it.

Did you enjoy the Mindful Littles classroom lessons?

119 responses



"I think that the mindfulness program is great and I am really thankful to have people that teach us mindfulness." - 3rd grader

More 3rd grade voices....

"My favorite part of mindful Littles is that they are mindful people so that makes me want to be mindful too."

"This is a great program and it teaches you lots of awesome things to calm down. I would love you to come next year!!"

"this was soooooooo fun"

"It is fun and more people should try it."

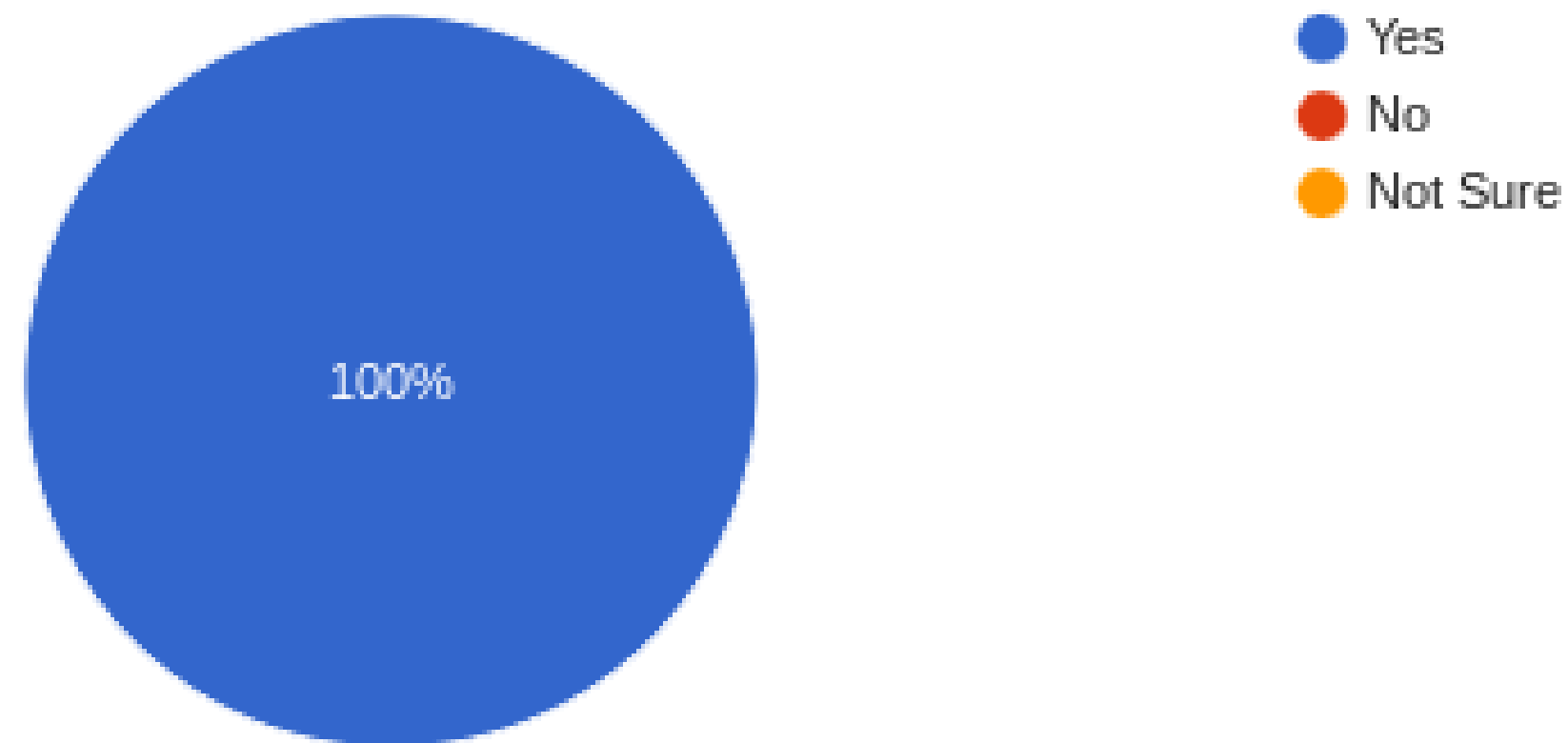
"It is an awesome program and I hope you can do it next year to."

"mindful little is very helpful and there isn't like a prize or anything, being calm is the prize"

100% teachers responding would recommend our program to other educators

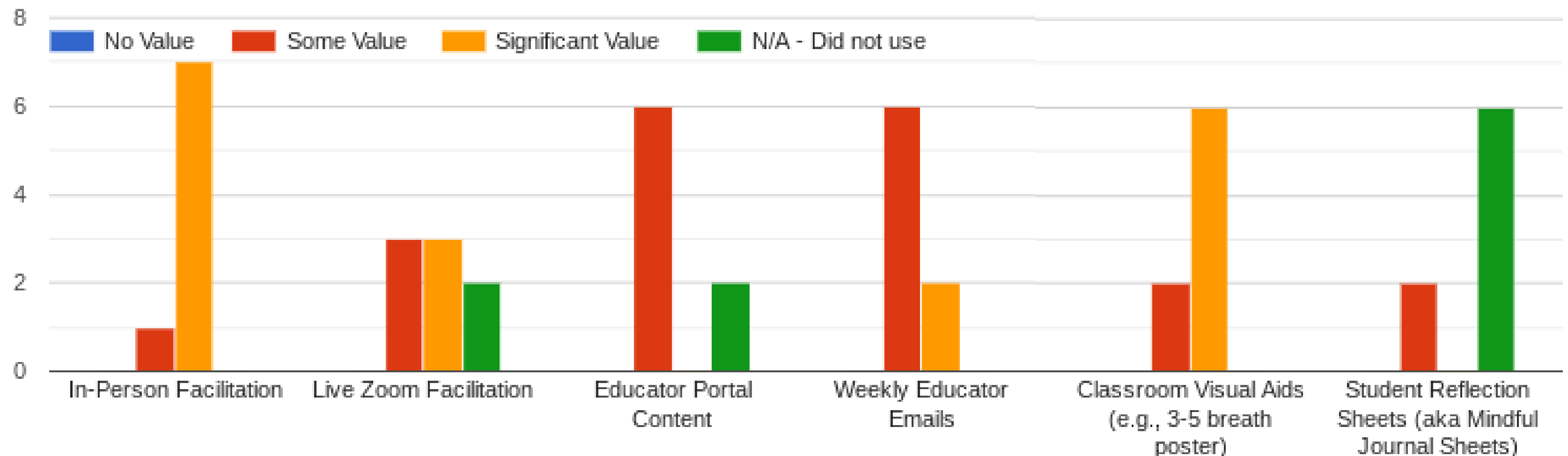
Would you recommend the Mindful Littles program to other educators?

8 responses



Significant value in Mindful Littles classroom facilitation & visual aids

Please rate how valuable you found the following aspects of the Mindful Littles program:



Teacher Voices....

*"This was much needed in my classroom this year. I appreciate all of the lessons and I'm so bummed we couldn't finish this in person."**

"I think it is a very good program and whoever gets to use it is lucky"

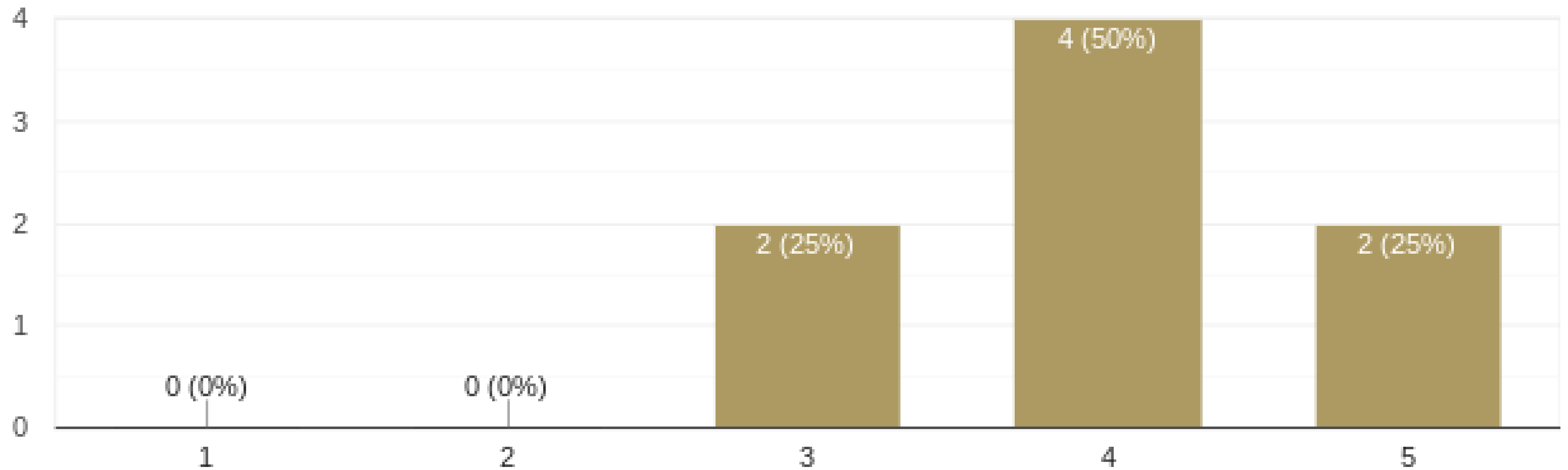
"I believe the work you're doing is truly valuable."

*in-person lessons were cancelled due to COVID shelter-in-place

6 out of 8 teachers found students were engaged during Mindful Littles classroom facilitation (in-person and/or Zoom)

Please rate how engaged students were during the Mindful Littles classroom facilitation (in-person and/or Live Zoom sessions during the pandemic).

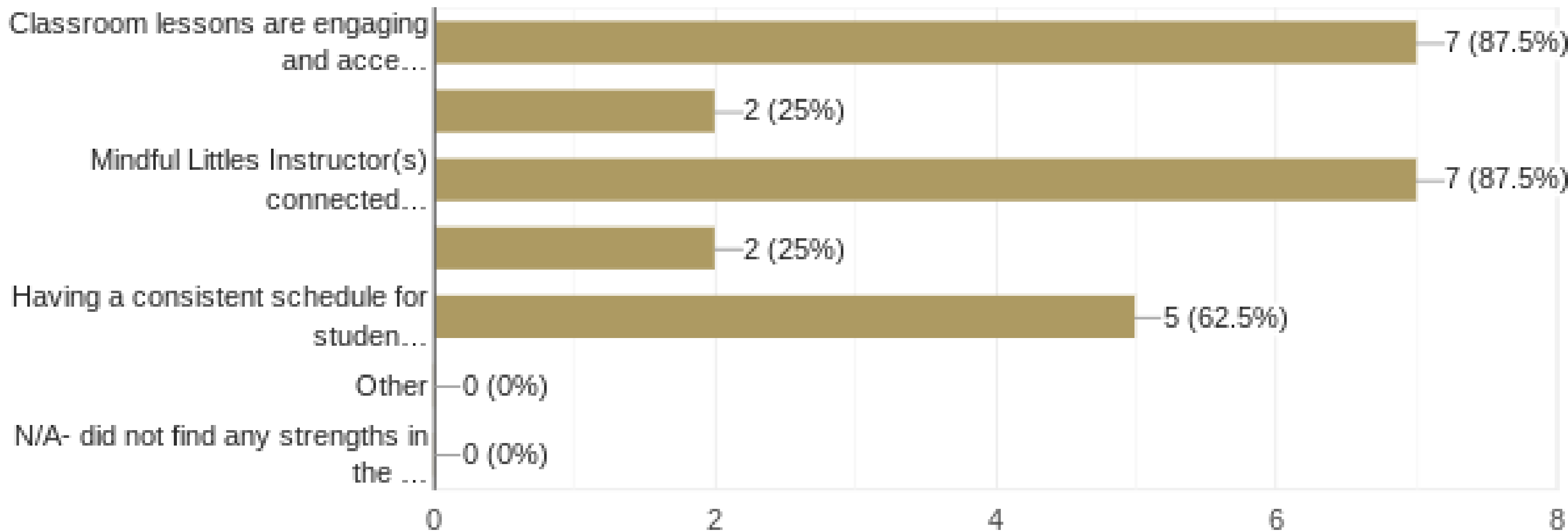
8 responses



87% teachers found lessons engaging and that Mindful Littles instructors connected with students

What are some key strengths of the Mindful Littles program?

8 responses



What did you enjoy most about the Mindful Littles program?

"I loved having our Mindful Littles facilitator in my classroom and Zoom meetings. She was able to connect to the kids very quickly. Because of this, most of the kids really listen to her."

"Our teacher was great. I know the practices are crucial for kids, but honestly it's so hard to find the time, so I appreciated that you sent an instructor to lead each week."

"My students had a weekly opportunity to really focus on and discuss the concepts w/in the ML Program."

"The weekly check-ins with a regular Mindful Littles coach was powerful and kept students engaged. Students came to expect the program as part of their routine and this help them to regulate and grow into this practice."

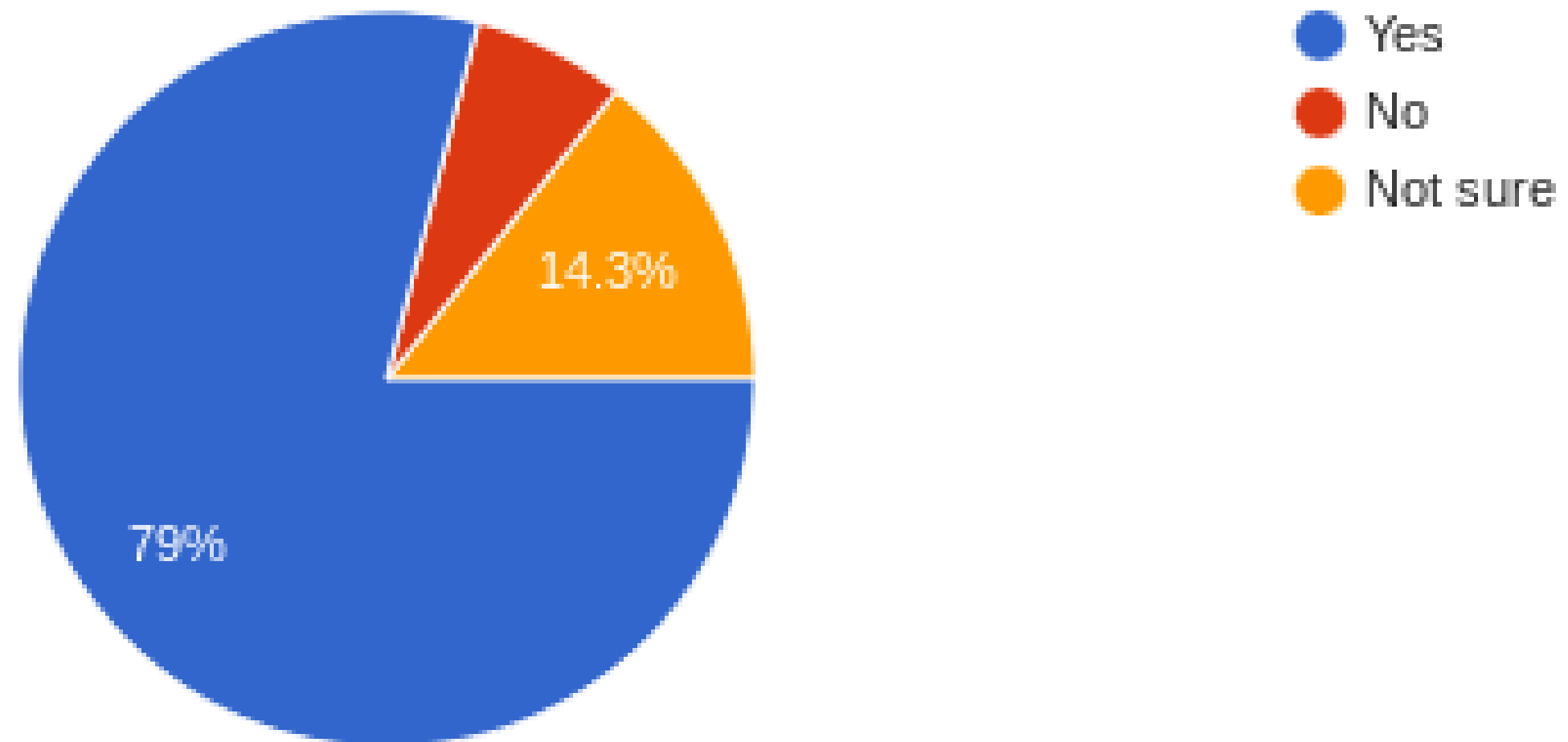
"I liked the strategies that were taught to students."

STUDENT LEARNING

79% students said Mindful Littles classes taught me new ways to calm my body down.

The Mindful Littles classes taught me new ways to calm my body down.

119 responses



What are some things you learned from Mindful Littles that you didn't know before?

Emotion Regulation & Calming Down

"When we learned different ways to calm ourselves down whenever we are having a strong emotion."

"There are so much things to help you calm down."

"Talking to yourself and being silly can calm you down if your sad or to exited ."

"I did not know that colors can mean diffrent feelings, and I did not know all the ways to calm down."

"how easy it is to calm down with breaths"

"I didn't know the finger breath, the square breath, the lion's breath, the 4-2-6 breath, and the bumblebee breath."

"I learned taking mindful breaths helps me learn to breath when i am upset and angry."

"you can say your favorite word over and over again to calm your self down"

What are some things you learned from Mindful Littles that you didn't know before?

Brain Science...

"I didn't know about some parts of the brain until Mindful littles taught me."

"New ways to calm down your body and about mr amogdila (I think it was called.)"

"that there is a part of your brain that keeps you safe and there is a part of your brain
that keeps you calm."

What are some things you learned from Mindful Littles that you didn't know before?

Self-Compassion, Kindness & Positive Mindset

"That to spread kindness, you have to be kind to yourself, or just put a smile on your face"

"I liked learning about gratitude and courage."

"That dancing makes you feel better"

"That thinking on the bright side of life will help make you happy"

"That if you're angry, making others angry will just make more people angry."

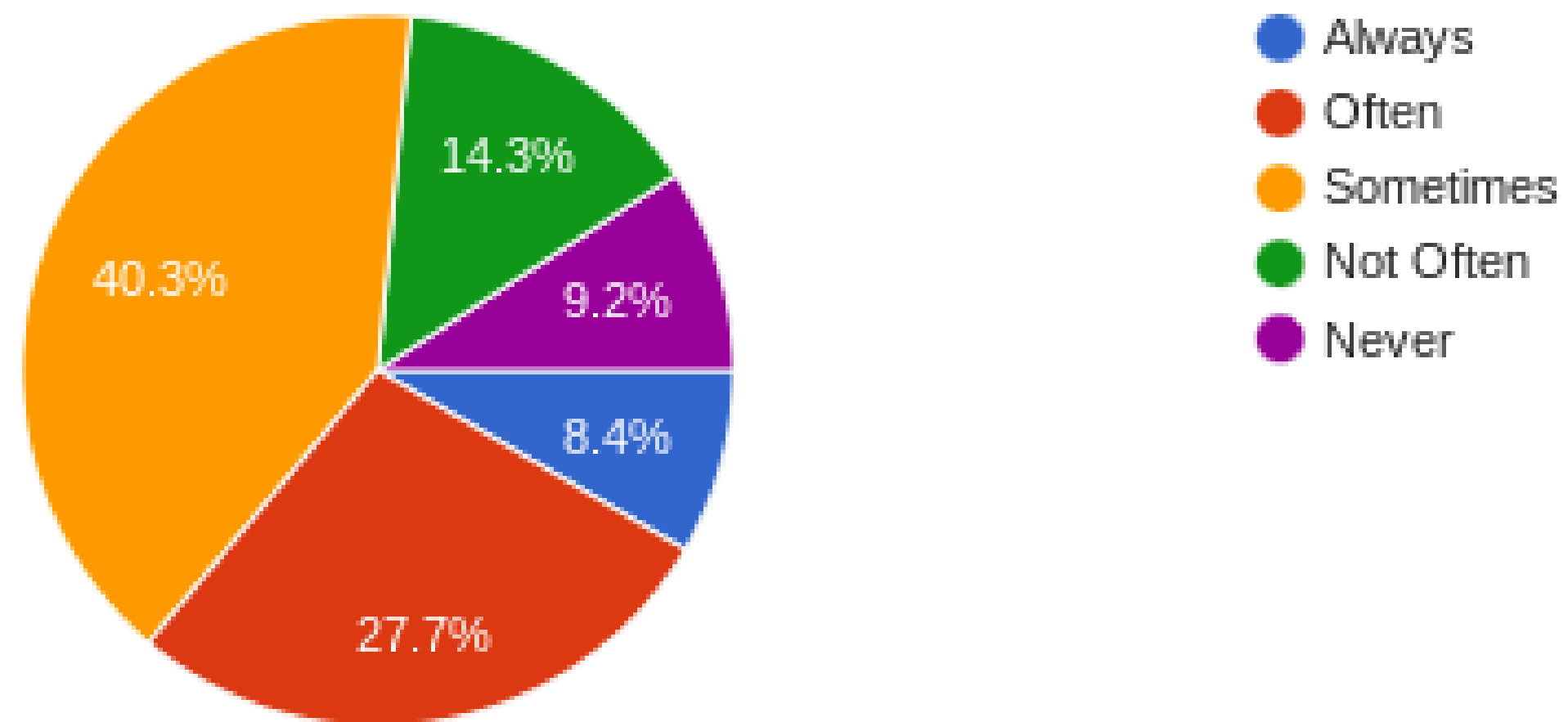
"being kind to yourself makes you be kind to others too"

"I learned that having gratitude and having courage is being mindful."

36% students use Mindful Littles practices to calm down often or always

When you are upset, do you use Mindful Littles practices to calm down?

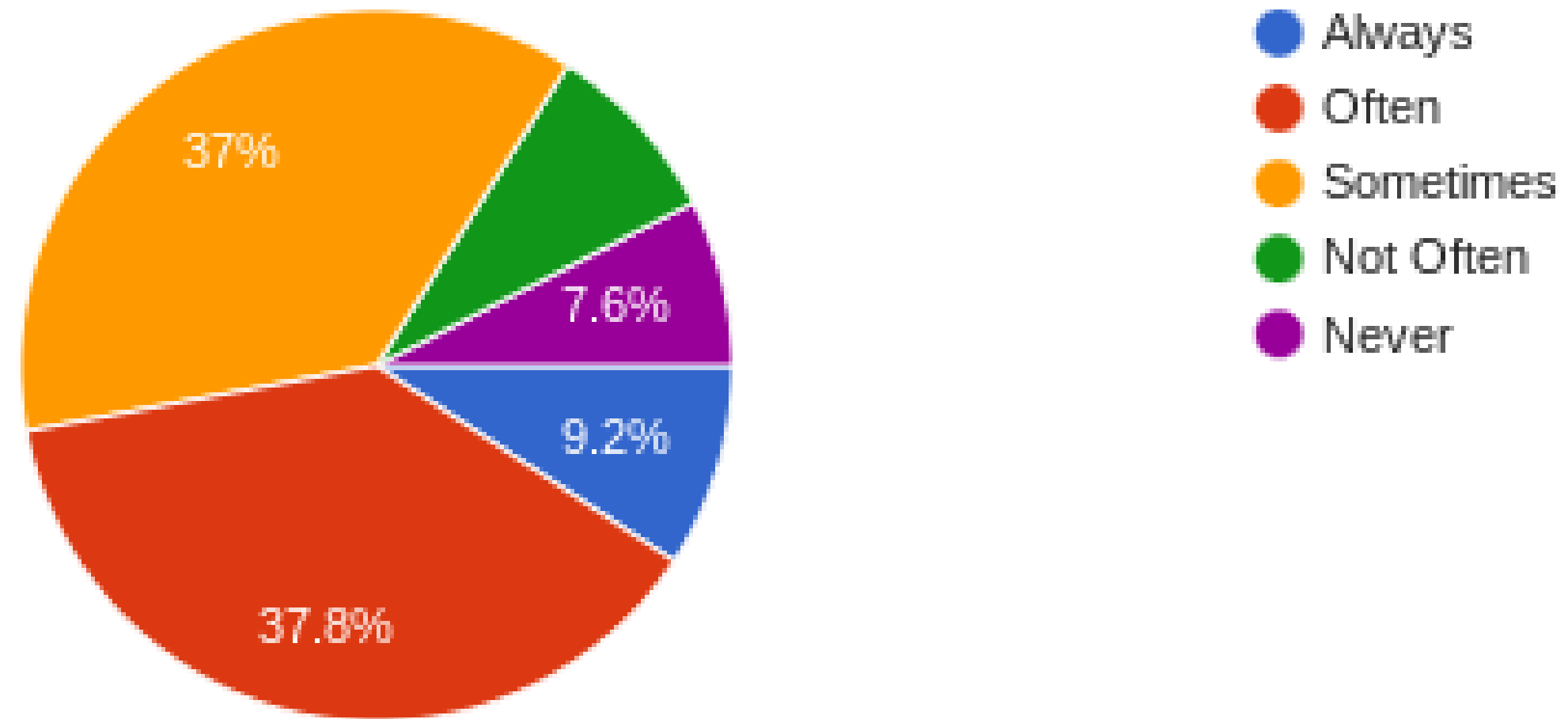
119 responses



47% students use mindful breaths to calm down

When you're upset, do you use mindful breaths to calm down?

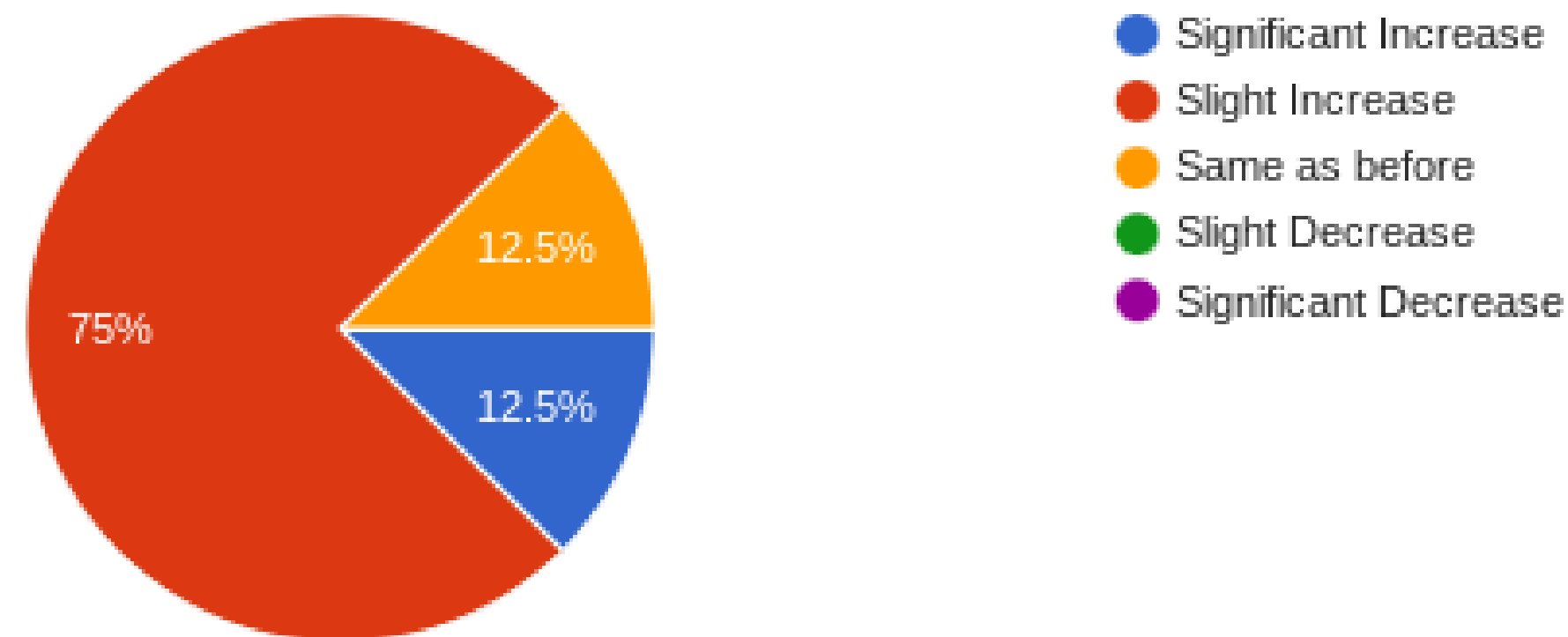
119 responses



7 out of 8 teachers observed INCREASE in students using mindfulness & SEL strategies with Mindful Littles program

Did you observe an INCREASE in students using mindfulness and social-emotional learning strategies to calm down or regulate emotions with the Mindful Littles program? (Note: We know you are not in class with them regularly now with the pandemic, so please respond with observations from when you had class with them or any general interactions you have had with students.)

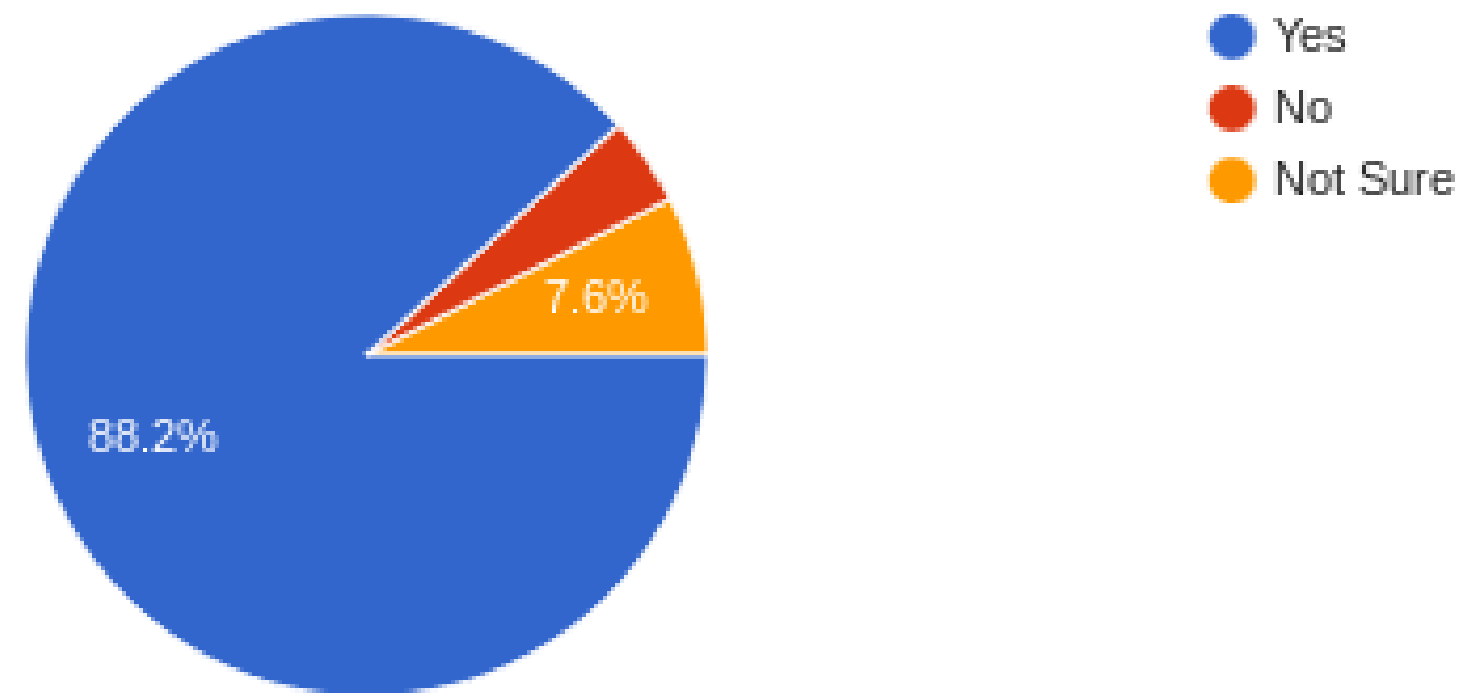
8 responses



88% students know different types of breaths to calm down.

I know different types of mindful breaths to calm myself down.

119 responses

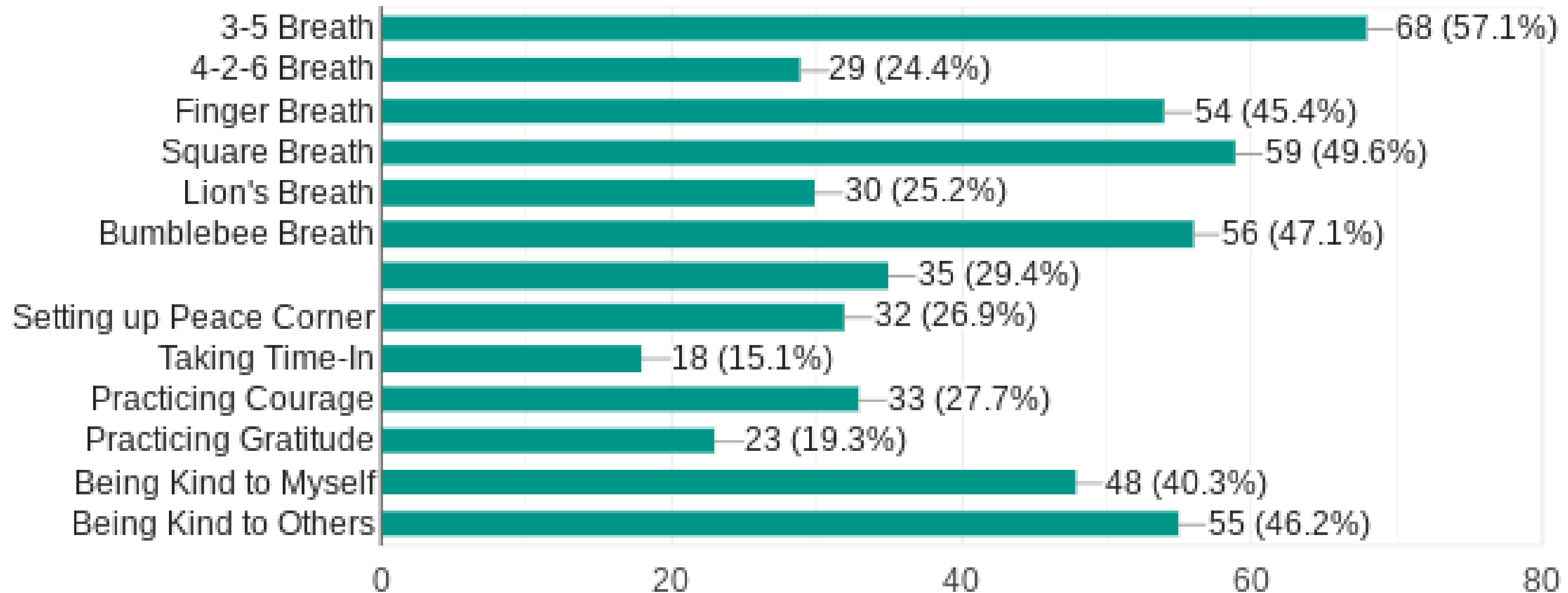


"Having each of my students call out a favorite breath was super special. They each found an entry point that they connected with and that helped them to better regulate."

83% students like to use 2 or more practices, 71% like 3+ practices,
58% 4+ practices

Which Mindful Littles practices do you like to use? Check all that apply.

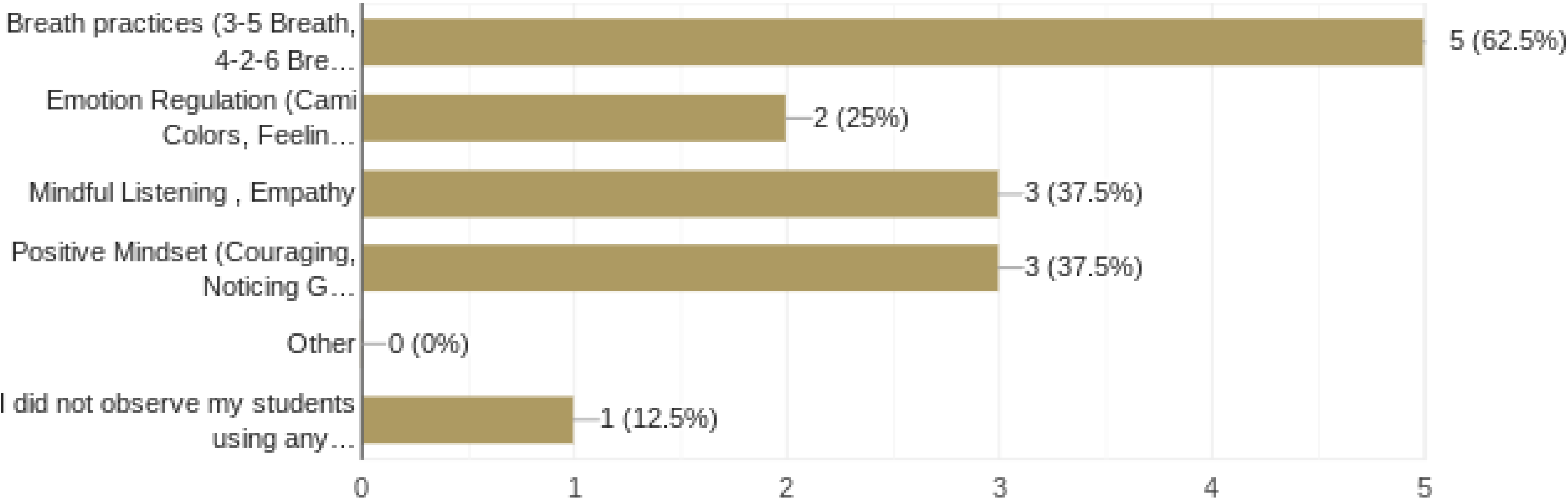
119 responses



Teachers also observed students using breath practices, emotion regulation, empathy and positive mindset

Which Mindful Littles practices did you observe your students most utilizing- outside of the Mindful Littles classroom facilitation time? Check all that apply.

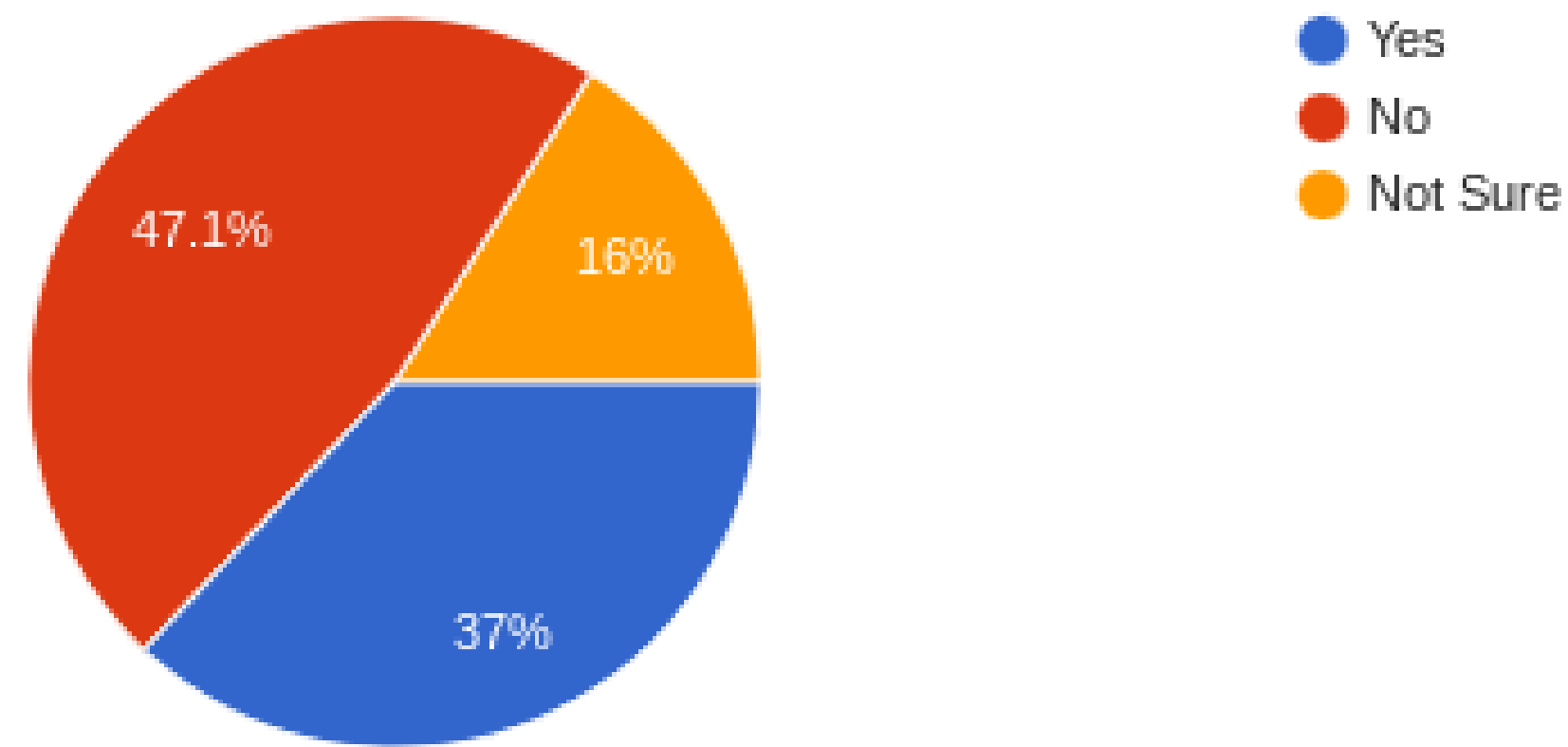
8 responses



37% of students indicated sharing the practices to family members or friends

Have you taught your family members or friends the Mindful Littles practices you learned in class?

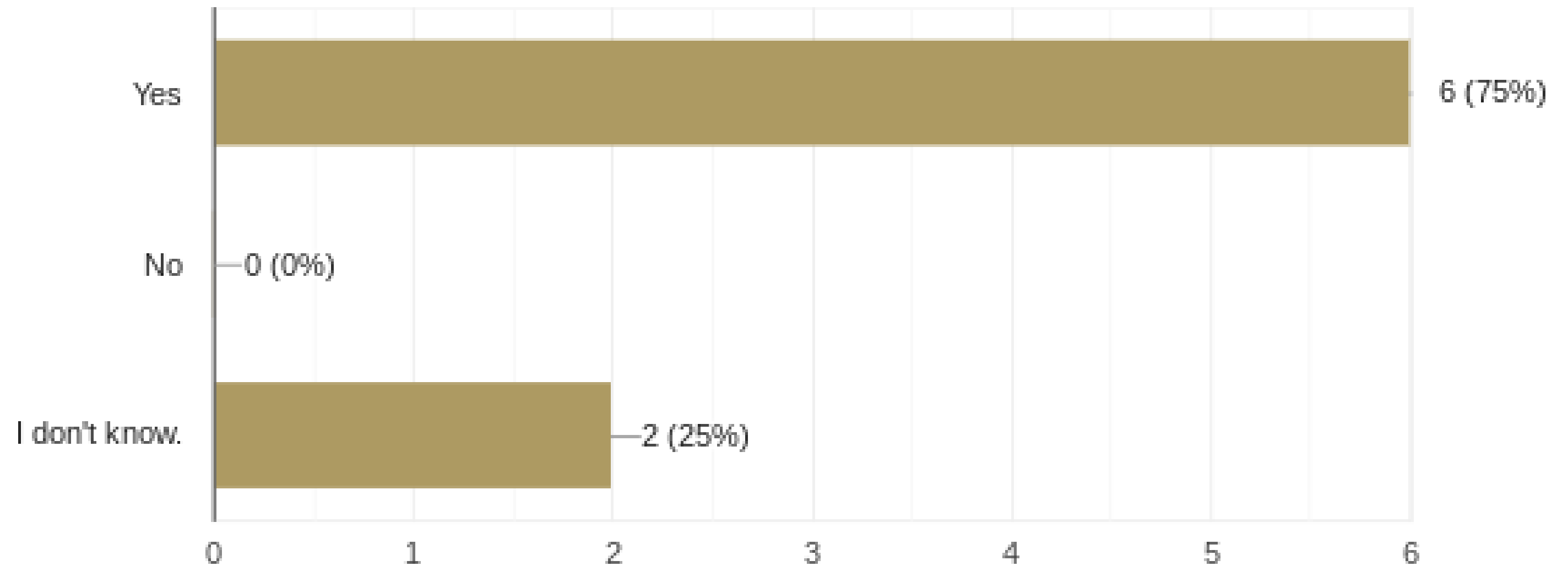
119 responses



Majority of teachers responded that students indicated they are using Mindful Littles strategies at home

Have students INDICATED they are utilizing Mindful Littles mindfulness and self-regulation strategies AT HOME?

8 responses



STUDENT TESTIMONIALS

What was your favorite part of Mindful Littles?

"learning how to be kind to others"

"When I hear someone's voice from Mindful Littles it always is very calming."

"My favorite part from Mindful Littles was learning all of the breathes."

"Learning new ways to calm down and doing yoga."

"I liked when I used the finger breath when I couldn't sleep"

"My favorite part of Mindful Littles was when Liz would teach us new breaths."

"how kind they are and the cool breaths"

"learning how to calm down easier"

"when we express our feelings like if we are feeling blue or green."

"My favorite part of Mindful Littles was playing the game Senses."

What was your favorite part of Mindful Littles?

"My favorite part is it the teachers are very nice and they teach you to calm down"

"Learning how to calm down when you just need a break from something"

"Is that we learned new things and it is fun!"

"Getting to be with Cami, and Liz"

Anything else you want to share about the Mindful Littles program?

"Help me a lot to calm down and keep trying"

"It was very fun learning new breaths and I enjoyed the practices."

"When i use the breaths i calm down a lot."

"it really helps you do whatever you want calmly"

"If you learn from Mindful Littles you can learn ways to calm yourself down."

"it really helps you during hard times"

"It was helpful to youse them to help us calm down"

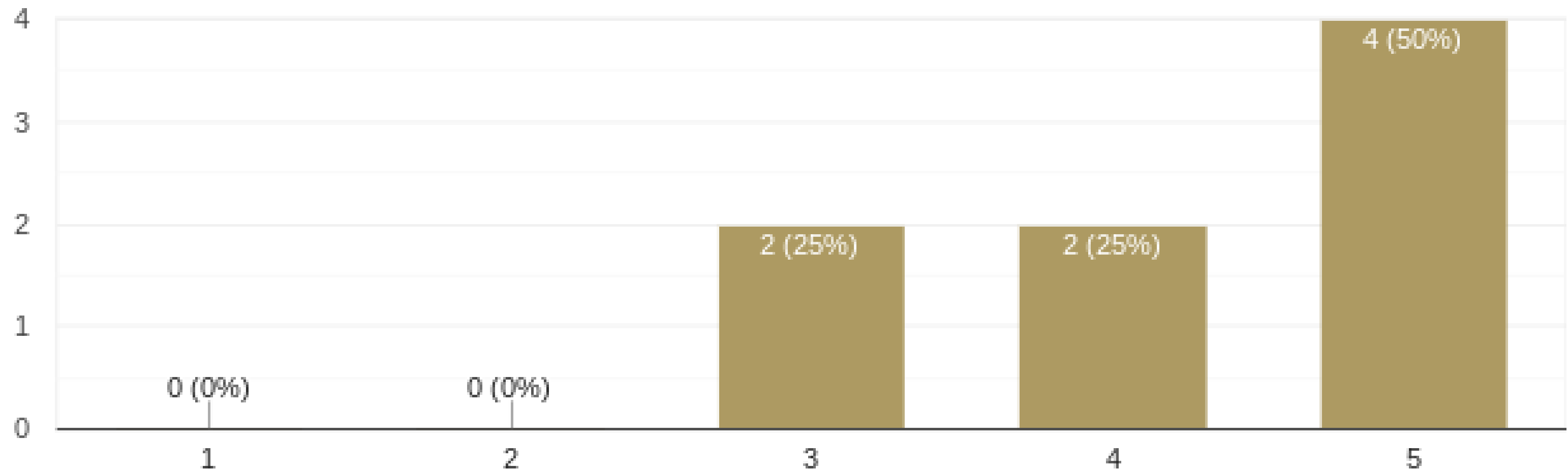
"Our teacher was very kind."

TEACHING THE TEACHER

6 out of 8 teachers indicated that our program helped them teach mindfulness & SEL in the classroom

Please rate the extent to which the Mindful Littles program helped you teach mindfulness and social-emotional learning in your classroom.

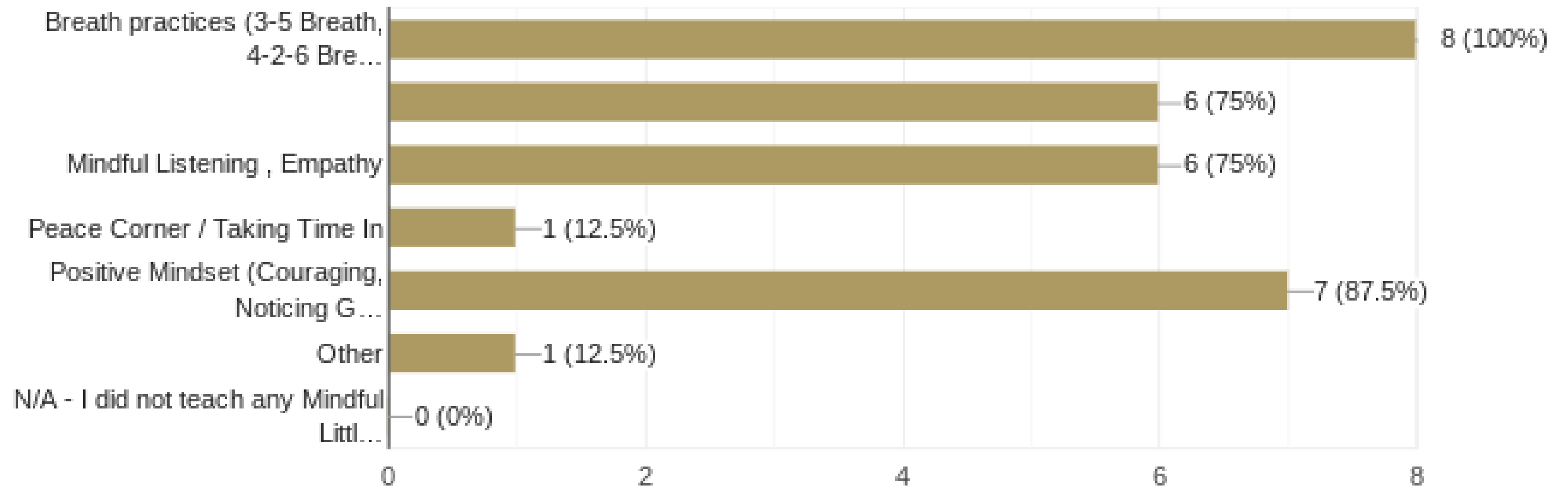
8 responses



Teachers learned new practices to integrate into the classroom

Which practices Mindful Littles did you integrate or teach in your classroom- outside of the Mindful Littles classroom facilitation time? Check all that apply.

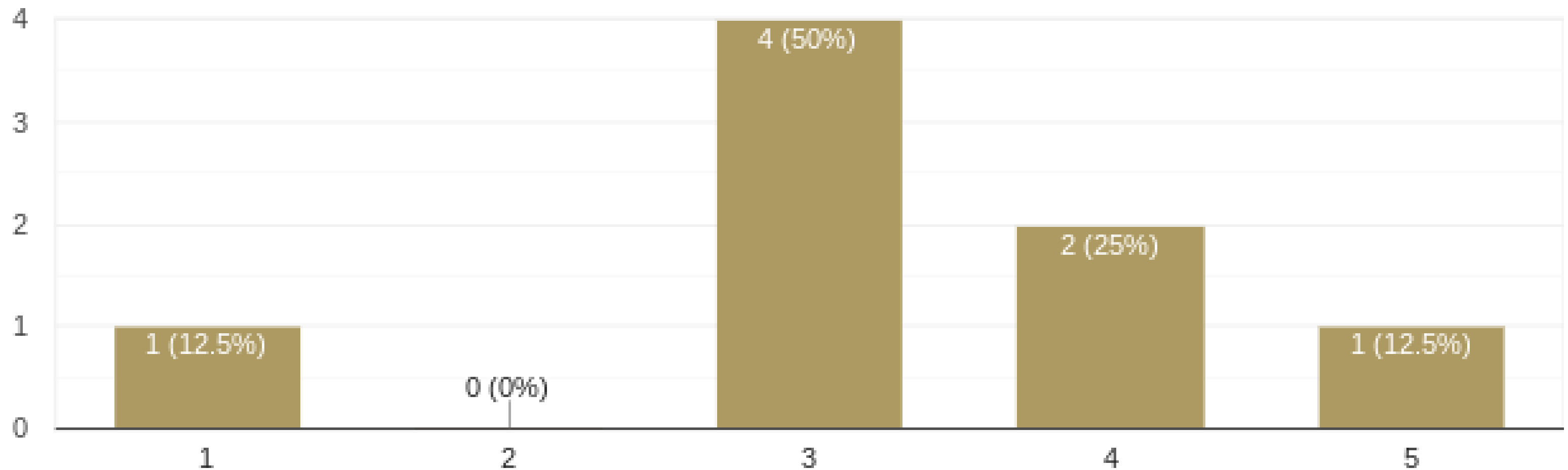
8 responses



3 out of 8 teachers found Mindful Littles classroom program helped their own well-being

Please rate if the Mindful Littles program helped you practice mindfulness and social-emotional learning practices for YOUR own well-being.

8 responses



For those teachers interested in mindfulness and self-care, the preference is to have it integrated into existing professional development and monthly staff meetings.

If you are interested in a mindfulness / yoga programs for teacher well-being and self-care, please indicate what format would be most useful for this offering. Check all that apply.

5 responses

