

2016-2017 Fiesta Gardens Survey Results

5th grade:

#1) 77% of students had a positive experience doing mindfulness activities

5% of students had a negative experience doing mindfulness activities / 18% neutral

#2) 78% felt better after mindfulness / 3% felt worse / 19% neutral

#3) 90% of students surveyed used mindfulness on their own

10% of students surveyed did not use mindfulness on their own

#4) When dealing with strong emotions:

74% of students felt happier than they did before mindfulness / 10% of students felt worse

4th grade:

#1) 55% of students had a positive experience doing mindfulness activities

19% of students had a negative experience doing mindfulness activities / 25% neutral

#2) 58% felt better after mindfulness / 7% felt worse / 34% neutral

#3) 73% of students surveyed used mindfulness on their own

27% of students surveyed did not use mindfulness on their own

#4) When dealing with strong emotions:

55% of students felt happier than they did before mindfulness / 18% of students felt worse

3rd grade:

#1) 55% of students had a positive experience doing mindfulness activities

31% of students had a negative experience doing mindfulness activities / 14% neutral

#2) 61% felt better after mindfulness / 9% felt worse / 30% neutral

#3) 72% of students surveyed used mindfulness on their own

28% of students surveyed did not use mindfulness on their own

#4) When dealing with strong emotions:

64% of students felt happier than they did before mindfulness / 21% of students felt worse