

### 3rd - 5th Mindfulness Survey Results

	All The Time	Most of the Time	Some of the Time	None of the Time
When I am at school I usually feel successful in my work	32%	48%	18%	2%
I am grateful for the experiences I have in my life	55%	43%	2%	0%
I can calm myself in challenging situations	20%	48%	30%	2%
In the past week I have felt productive	48%	32%	20%	0%
I can motivate myself to learn in school	52%	25%	20%	0%
I can solve a conflict with others without arguing	32%	43%	25%	0%
I am respectful to everyone at school	75%	18%	7%	0%
When others are struggling, I am kind and encouraging to them	61%	27%	11%	0%
At home I use Mindful activities	18%	32%	39%	11%
I enjoy taking part in Mindfulness activities	72%	18%	9%	0%

# All The Time, Most of the Time, Some of the Time and None of the Time

