

Teacher Evaluation

Classroom Teacher Name _____

School _____ Grade _____

1. On a scale of 1-10, how would you rate:
 - a. The program overall?
 - b. The curriculum and lessons presented in your class?
2. What percentage of your students benefited from the mindfulness program?
3. How helpful was the mindfulness program...

	Very helpful	Somewhat	Not helpful
a. In your students' relating to one another?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. In their ability to pay attention?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. In their ability to settle down?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. In their impulse control?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. In their emotion regulation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. What are some benefits you've noticed in your classroom?

5. How did the students respond to the lessons?

6. Has mindfulness created an environment where you can get more teaching minutes in?

☐ Yes ☐ No

7. If yes, can you estimate how many minutes per day?

☐ 0 min. ☐ 5-10 min. ☐ 11-20 min. ☐ 21-30 min. ☐ more than 30 min.



8. If no, do you think continued use of mindfulness activities could create an environment where you can get more teaching minutes?

9. Did you benefit personally from the mindfulness sessions?

☐ Yes ☐ No

If yes, in what ways?

10. Would you opt-in to the mindfulness program again for future students?

☐ Yes ☐ No

11. Do you intend to keep up the mindfulness practice now that the official program is over?

☐ Yes ☐ No

12. Do you have any suggestions for how we can improve the program?

13. Any other feedback you wish to share?

Thank you so much for your partnership in this program!