

% of children in each class answering "Yes" to the questions

| Mindfulness Review | | Wren | Robin | Chaff. | Sparrow | Dove | Night. | Skylark | Starling | King. | Wood. | Heron | Swan | Kestrel | Falcon |
|--|----|------|-------|--------|---------|------|--------|---------|----------|-------|-------|-------|------|---------|--------|
| When I'm walking to school and pass a flower along the way, I regularly stop to smell and appreciate it | 1 | 46% | 21% | 23% | 10% | 10% | 10% | 21% | 14% | 23% | 13% | 32% | 19% | 48% | 4% |
| When I eat my lunch I take time to think about different tastes + textures instead of wolfing it down as quickly as possible | 2 | 79% | 69% | 60% | 43% | 48% | 39% | 61% | 48% | 50% | 92% | 48% | 61% | 30% | 64% |
| I notice what my body feels like when I am upset or angry | 3 | 64% | 69% | 53% | 37% | 45% | 48% | 82% | 86% | 83% | 100% | 88% | 74% | 44% | 61% |
| I am happy to sit down and relax without a phone or any form of electronics and watch the clouds drift by | 4 | 36% | 55% | 43% | 40% | 52% | 35% | 46% | 55% | 73% | 83% | 68% | 45% | 63% | 57% |
| I think about the nice things that have happened in school when I get home | 5 | 75% | 79% | 47% | 47% | 66% | 58% | 86% | 72% | 67% | 93% | 80% | 55% | 52% | 50% |
| I listen to what I can hear when in the school grounds at break time and lunch | 6 | 68% | 76% | 60% | 17% | 62% | 26% | 36% | 59% | 27% | 37% | 20% | 52% | 19% | 21% |
| I try not to worry too much about things that I can't control | 7 | 46% | 62% | 40% | 23% | 55% | 61% | 75% | 55% | 50% | 60% | 64% | 71% | 70% | 71% |
| When I travel to school I look around me and notice even the smallest changes on my journey | 8 | 46% | 55% | 50% | 57% | 62% | 45% | 61% | 52% | 57% | 90% | 76% | 45% | 74% | 50% |
| When a friend or teacher talks to me I think about nothing else and concentrate on them | 9 | 43% | 72% | 57% | 20% | 69% | 42% | 89% | 83% | 80% | 90% | 68% | 13% | 41% | 32% |
| After I fall out with friends, I find it easy to put the argument behind me and be friends again | 10 | 71% | 97% | 67% | 37% | 79% | 48% | 71% | 76% | 50% | 40% | 56% | 32% | 56% | 31% |
| I am patient with my friends, family and teachers | 11 | 82% | 72% | 47% | 53% | 62% | 55% | 82% | 79% | 73% | 73% | 68% | 29% | 44% | 18% |
| If I make a mistake in class I learn from it and move on quickly | 12 | 43% | 90% | 63% | 87% | 62% | 61% | 89% | 72% | 80% | 90% | 88% | 68% | 74% | 54% |
| I often take a few minutes to just stop and think | 13 | 46% | 48% | 50% | 23% | 59% | 32% | 54% | 69% | 67% | 53% | 76% | 45% | 63% | 64% |
| I often take the time to stop and think about how amazing nature is | 14 | 82% | 52% | 47% | 50% | 66% | 52% | 64% | 62% | 63% | 83% | 72% | 65% | 59% | 29% |
| I think about each of my five senses everyday | 15 | 71% | 62% | 40% | 13% | 41% | 13% | 29% | 45% | 3% | 37% | 0% | 55% | 7% | 4% |

Most "Yes" answers

Q12 If I make a mistake in class I learn from it and move on quickly

Q1 Least "Yes" answers

When I'm walking to school and pass a flower along the way, I regularly stop to smell and appreciate it

Biggest range of answers 0% (Heron) to 71% (Wren)

Q15 I think about each of my five senses everyday

Parkfield says "Yes" to being Mindful!

