

% 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	43%	12%	23%	10%	23%	70%	10%	21%	26%	13%	32%	39%	27%	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	46%	72%	60%	43%	35%	80%	47%	45%	81%	87%	40%	39%	17%	31%
I notice what my body feels like when I am upset or angry	3	54%	68%	53%	37%	65%	93%	87%	79%	56%	87%	60%	55%	60%	55%
I am happy to sit down and relax without a phone or any form of electronics and watch the clouds drift by	4	43%	64%	43%	40%	42%	57%	50%	34%	74%	77%	64%	42%	67%	66%
I think about the nice things that have happened in school when I get home	5	61%	80%	47%	47%	50%	80%	77%	90%	67%	83%	44%	55%	47%	41%
I listen to what I can hear when in the school grounds at break time and lunch	6	86%	72%	60%	17%	50%	60%	23%	31%	19%	80%	16%	55%	17%	52%
I try not to worry too much about things that I can't control	7	46%	88%	40%	23%	62%	33%	33%	24%	63%	63%	36%	55%	40%	28%
When I travel to school I look around me and notice even the smallest changes on my journey	8	46%	60%	50%	57%	62%	60%	57%	55%	74%	93%	48%	71%	47%	72%
When a friend or teacher talks to me I think about nothing else and concentrate on them	9	75%	88%	57%	20%	38%	93%	73%	100%	78%	97%	68%	10%	73%	72%
After I fall out with friends, I find it easy to put the argument behind me and be friends again	10	61%	68%	67%	37%	46%	83%	40%	52%	52%	77%	56%	48%	50%	31%
I am patient with my friends, family and teachers	11	50%	92%	47%	53%	69%	90%	73%	72%	85%	100%	44%	26%	43%	7%
If I make a mistake in class I learn from it and move on quickly	12	43%	92%	63%	87%	62%	87%	80%	90%	70%	100%	44%	58%	43%	34%
I often take a few minutes to just stop and think	13	54%	64%	50%	23%	42%	67%	33%	66%	74%	80%	36%	35%	23%	28%
I often take the time to stop and think about how amazing nature is	14	61%	56%	47%	50%	54%	80%	53%	83%	74%	90%	56%	68%	43%	45%
I think about each of my five senses everyday	15	43%	80%	40%	13%	4%	47%	23%	55%	41%	7%	36%	19%	20%	14%

Most "Yes" answers

Q12 If I make a mistake in class I learn from it and move on quickly Q9 When my friend or teacher talks to me I think about nothing else and concentrate on them is now also high scoring

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 Q7 I try not to worry about things that I can't control has fallen

Biggest range of answers 10% (Swan) to 100% (Starling) is now

Q9 When a friend or teacher talks to me I think about nothing else and concentrate on them

Parkfield says "Yes" to being Mindful!

