

## MindUp Survey (Pre/Post) 2024-2025

### For Grades 2 - 5

Some LPS classrooms have the opportunity to engage in social and emotional lessons using the MindUp curriculum facilitated by providers from Synergy Services. Topics include getting focused, identifying your senses, having a positive outlook, and being kind. As part of the lessons, students will be given a pre/post survey. It **does not** include student information, such as name, age, or other demographic information. The pre/post survey will be given electronically and students may skip any questions they do not wish to answer. The questions included on the pre/post survey are listed below.

1. How much do you know about your brain?
  - a. Nothing
  - b. A little
  - c. A lot
  - d. Choose not to answer
2. The amygdala (guard dog) helps me with my memory.
  - a. True (Yes)
  - b. False (No)
  - c. Choose not to answer
3. The hippocampus (elephant):
  - a. Helps me focus
  - b. Keeps me safe
  - c. Helps me learn and remember
  - d. Choose not to answer
4. The prefrontal cortex (wise owl) helps me make good choices.
  - a. True (Yes)
  - b. False (No)
  - c. Choose not to answer
5. Tom and Fred are fighting over who gets to use the red ball at recess. Tom yells at Fred. How should Fred respond mindfully?
  - a. Pause, take a deep breath, and find another ball to use.
  - b. Yell, back at Tom. He was mean.
  - c. Find a friend to help take the ball away.
  - d. Choose not to answer
6. What does the R.A.S. do?
  - a. Helps me stay focused on one thing.
  - b. Helps me multitask, or do more things at once.
  - c. Helps me talk to others.
  - d. Choose not to answer
7. Which of these is an example of showing gratitude?
  - a. Playing with a friend.
  - b. Giving a thank you card to the janitor for all they have done to help the school.
  - c. Choose not to answer

8. Which of these is an act of kindness?
  - a. Talking while someone else is talking.
  - b. Helping a friend in need.
  - c. Finishing your work.
  - d. Choose not to answer
9. Sally is taking a math test. Which one of her thoughts is more optimistic?
  - a. I don't like taking tests.
  - b. I can't do this. It's too hard.
  - c. I will try my best.
  - d. Choose not to answer
10. What did you like learning most about, during our lesson times together this year?
  - a. Open ended