

# Student Mindfulness Survey

Directions: Rate each statement from a scale of 1-4.



1. Participating in Mindful Yoga has helped me to feel in tune with my body.



4- Extremely



3- Moderately



2- Very little



1- Not at all



2. Practicing Mindful Eating has helped me to make healthier choices in my diet.



4- Extremely



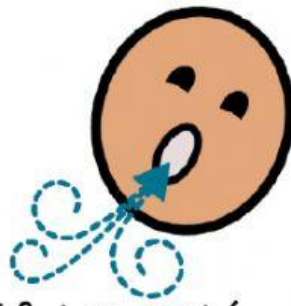
3- Moderately



2- Very little



1- Not at all



3. Participating in Mindful Breathing has provided me with strategies that I use to manage my emotions.



4- Extremely



3- Moderately



2- Very little



1- Not at all



4. Participating in Mindful Dancing has helped me explore the ranges of motion my body can move in and the freedom in which I can move.



4- Extremely



3- Moderately



2- Very little



1- Not at all



5. Participating in Mindful Self has helped me to have a positive mindset.



4- Extremely



3- Moderately



2- Very little



1- Not at all