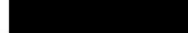


Date received: Date sent for review: **Cover Sheet for EXPEDITED IRB Application**Principal Investigator Name: Project Title: The Effects of Yoga/Mindfulness in the Classroom

Remember that expedited refers to the IRB process requiring fewer reviewers. It does not mean the research does not need a review. [See IRB webpage on Exempt and Expedited Reviews for description and distinction of categories].

1. The nature of the study involves Expedited research categories:

- ☐ Recording of data on subjects > 18 such as height, weight, EKG, temp, BP
- ☐ Collection of blood specimens using techniques consistent with routine clinical practice to minimize pain and risk of infection and within the following limits for volume.
- ☒ Moderate exercise by healthy volunteers
- ☒ Research on behavior of individuals, no manipulation
- ☐ Collection of hair, nails, saliva, sweat, amniotic fluid, or dental plaque
- ☒ Secondary use of materials (data, documents, records, or biological specimens) that have been or will be collected for purposes other than the currently proposed research project.
- ☐ Other, please describe:

2. The research involves no more than minimal risk to participants, e.g., involving civil or criminal liability, employability, damage to participants' financial standing, or reputation.

☒ Yes ☐ No

3. The research involves a protected population, i.e. minors, pregnant women, fetuses, prisoners, mentally handicapped persons. *If YES, this research is not for expedited review.*

☒ Yes ☐ No

Classroom action research

4. The research involves deception or may intentionally provide misleading information to participants. *If YES, this research is not for expedited review.*

☐ Yes ☒ No



INSTITUTIONAL REVIEW BOARD ON HUMAN PARTICIPANTS
Application for IRB Review and Approval Guidelines

General Instructions

Application must be typewritten, completed in its entirety, and saved as:

Lastname_Firstinitial_Keyword_IRB_version#.pdf (e.g., Mai_J_Balance_IRB_v1.pdf).

This Application and supporting documents should be sent as one PDF file to irb@clarke.edu.

Complete applications will include the documents listed below. These documents should be scanned into a single PDF in the order listed.

- ☒ Exempt, expedited, or full review cover sheet
- ☒ This form with faculty signature if PI is a student
- ☒ Proposal abstract
- ☒ Appropriate CITI Training Certificate
- ☒ Informed consent forms (if required)

Note: An IRB number will be assigned when final approval is given. This IRB number must be added to the consent form.

- ☒ Research tool(s) (e.g., questionnaire, survey, interview questions, test questions)
- ☐ Recruitment materials (including but not limited to copies of script for face to face recruitment, a copy of recruitment e-mail, social media post, recruitment flyers/posters)
- ☒ Permission statement from research location(s) if research is to be conducted outside of Clarke University

- All required materials must initially be submitted to irb@clarke.edu.
- Incomplete applications will be returned un-reviewed.
- Revised Applications must be submitted as a complete Application and sent directly to the reviewer who reviewed the first version. When saved and submitted, please do so with a new version number (e.g., Mai_J_Balance_IRB_v2.pdf).
- Exempt and expedited applications may take up to four weeks to review per submission. Full IRB reviews may take longer.

NOTE: When completing this form, the text boxes in which to insert content do not display spell check or grammar check notifications (i.e., no red squiggly lines). Applicants may want to compose some answers in a separate MSWord file before pasting into the Application.

TIP: Tab from text box to text box or from check box to check box instead of using a mouse. Boxes can be checked using the space bar.

IRB Application

I. Project Title: The Effect of Yoga/Mindfulness in the Classroom

Principal Investigator (PI) Information		
(Name) [REDACTED]	(Department) Elementary Education - 3rd Grade	
(E-mail) [REDACTED]	(Phone) [REDACTED]	(CITI Certificate #) [REDACTED]

Faculty Research Advisor Information		
(Name) [REDACTED]	(Department) Graduate Program in Education	
(E-mail) [REDACTED]	(Phone) [REDACTED]	(CITI Certificate #) [REDACTED]

Additional Investigator(s) Information		
(Name)	(Department)	
(E-mail)	(Phone)	(CITI Certificate #)
(Name)	(Department)	
(E-mail)	(Phone)	(CITI Certificate #)
(Name)	(Department)	
(E-mail)	(Phone)	(CITI Certificate #)

**If more "Additional Investigators" are required, please include them in the Appendix

II. Is this project funded by an outside agency?

☐ Yes; Sponsor's name is

☒ No

III. If research is being conducted to meet course or graduation requirements, please check all of the following that apply:

☒ A major goal of the project is to practice skills related to conducting research (e.g., administering a previously created tool to learn data collection and analysis procedures).

☒ A major goal of the project is to apply previously researched principles to a specific population (are hand washing procedures being followed by clinic staff and what are the related infection rates at clinic X OR does reading skill improve when applying this previously studied technique to my students at school Y).

☐ A major goal is to conduct original research, but there may be limitations in the study (e.g., participant pool is too small to make generalizations, the need to use my colleagues as participants means that I will not be able to ask personal questions).

☐ None of these apply. Continue to Question IV

A. Explain any limitations to the research project that might relate to the statements above:

We are currently undergoing a Hybrid model school year meaning students are only in school 2-3 days a week versus the normal 5 days. This irregular routine might effect the data versus if it were a normal school year.

IV. What are the anticipated start and end dates?

**** Recruitment for research cannot start until IRB approval has been obtained. Please allow four weeks for the IRB review process.**

Desired date to begin recruitment for the study	██████ 11th 2020
Anticipated date for completion of data collection	██████ 2nd 2021
Anticipated date to submit Completion Form	
For Student Researchers only: Final Presentation (estimated date)	

**** Research is considered complete once data collection is completed. Once completed, researcher(s) must submit a Completion of an Approved Research Project Form to irb@clarke.edu.**

V. IRB must consider the research design in order to assess the risks and benefits of this study. This includes recruitment of participants, data collection, data analysis, and dissemination of the results. Please respond to the questions and statements below so that IRB can complete this evaluation.

A. **Rationale:** Using ordinary, non-specialized terms, provide background and rationale for the project.

Towards the end of the day, our students would have gone from lunch to recess and are expected to come back to the room for over an hour of math. Math is clearly one of the most challenging subjects for most of our students and going right into it after coming back from recess can be difficult. I am hoping a small yoga/mindfulness break would help relax and calm down the kids before going into a lengthy math lesson. I'm hoping it will help them regain focus. My research is meant to see if yoga or mindfulness breaks do help our kids focus and relax.

B. **Research Questions:** List all research questions that will be asked. Questions must be approved by a research advisor if the PI is a student.

What behaviors do the students exhibit during the break?

How do my students act/behave after their break?

How are my students performing academically after their break?

C. **Participants:**

1. Participants (Please estimate maximum numbers)

Adult volunteers (patients are not to be included in this number)	
Students within a classroom setting	21
Minors (under 18)	
Patients as experimental participants	
Patients as controls	
Persons whose first language is not English	
Pregnant women or fetuses	
Adults with cognitive disabilities	
Prisoners, incarcerated	
Other (please specify):	
Total anticipated participants (maximum)	21

2. Will participants be able to participate in a language in which they are fluent? (Check all that apply) It is not acceptable to include participants who are not able to fully understand the consent materials or the tool being used.

- ☒ Yes, all participants will participate in a language in which they are fluent.
- ☐ Yes, translations will be offered. Provide evidence that an appropriate translator is being used to create forms and/or to conduct interviews.
- ☐ No, participants are not used in study.

3. What inclusion and exclusion criteria will be used to determine eligibility to participate?

All students in my 3rd grade general education classroom will participate in this study.

4. If using a specific sampling method, indicate which sampling method(s) will be used.

- | | |
|--|---|
| <input type="checkbox"/> Simple Random Sampling | <input type="checkbox"/> Volunteer Sampling |
| <input type="checkbox"/> Stratified Sampling | <input type="checkbox"/> Network Sampling |
| <input type="checkbox"/> Cluster Sampling | <input type="checkbox"/> Snowball Sampling |
| <input type="checkbox"/> Systematic Sampling | <input type="checkbox"/> Purposive Sampling |
| <input type="checkbox"/> Multistage Sampling | <input type="checkbox"/> Quota Sampling |
| <input checked="" type="checkbox"/> Convenience Sampling | <input type="checkbox"/> Other: |

D. Recruitment

1. Recruitment Location (Check all that apply)

- ☐ Clarke University
- ☐ Public areas not located at Clarke. Please list specific areas:
- ☐ Social media (e.g., Facebook, Instagram, Twitter, etc.). Please list sites & groups:

** Applicant must secure and include documentation of approval to recruit from non-public virtual communities or interest groups (e.g., moderator of a closed Facebook group).

- ☒ Other location(s) (e.g., businesses, other institutions, agencies, etc.). Please list:
Eisenhower Elementary School - 3170 Spring Valley Rd. Dubuque, Iowa 52001

** Applicant must secure and include documentation of approval to recruit at these location(s). Please include copies of permissions in the Appendix.

2. Will these other locations require this project to be approved by their own IRB?

- ☐ Yes, the following other locations will require this project to be approved by their own IRB:

** Note: If Applicant is able, please include the project's IRB approval notification(s) from these other location(s) in this application.

- ☒ No, these other locations will rely on the Clarke University IRB approval process.

3. How will potential participants be contacted in order to recruit them? Please include a copy of the e-mail, script, flyer, or advertisement to be used to recruit potential participants. Refer to IRB website for policy on incentives.

Participants are students enrolled in my 3rd grade class.

4. Is informed consent required? (Research using previously recorded data may not require informed consent.)

☐ Yes

☒ No

5. How will consent be obtained? Check all that apply. (Include with the application)

- ☐ Informed Consent Form with Cover Letter
☐ Parent/Guardian Informed Consent Form with Cover Letter
☒ Parental Notification Letter (for Action Research only)
☐ Assent Form
☐ Verbal Consent (with Script)
☐ Participation Consent (for Web and Phone Surveys)

6. If it is not possible to obtain written consent, describe how an understandable explanation will be given to the participants and consent will be acknowledged.

E. Data Collection and Analysis

1. Data Collection and Analysis Location (Check all that apply)

- ☐ Clarke University
- ☐ Public areas not located at Clarke. Please list specific areas:
- ☐ Social media (e.g., Facebook, Instagram, Twitter, etc.). Please list:
 ** Applicant must secure and include documentation of approval to collect data from non-public virtual communities or interest groups (e.g., moderator of a closed Facebook group).
- ☒ Other location(s) (e.g., businesses, other institutions, agencies, etc.) Please list:
Eisenhower Elementary School - 3170 Spring Valley Dr. Dubuque, IA 52001
 ** Applicant must secure and include documentation of approval to collect data at these location(s). Please include copies of permissions in the Appendix.
2. If applicable, will these other locations require their IRB to approve of the project?
- ☐ Yes, the other location's IRB approval is attached.
- ☐ Yes, but the other location has yet to provide notification of IRB approval.
- ☒ No, the other location will be using the Clarke University IRB approval.
3. Indicate which of the collection tools will be used during research and attach all relevant documents. (Check all that apply)
- ☒ Survey, questionnaire(s) created by researcher: Attach tool(s)
- ☐ Survey, questionnaire(s) routinely collected by the site: Attach tool(s)
- ☐ Survey, questionnaire(s) created by other researcher: Attach tool(s) and permission or documentation that the survey is in the public domain
- ☐ Interview: phone/in-person: Attach interview tool(s) or questions being used
- ☐ Focus group: Attach questions being used
- ☒ Analysis of student test scores or routine assignments: Attach sample test(s) and assignment(s)
- ☐ Analysis of existing public records or documents
- ☐ Analysis of medical or other private records
- ☒ Direct observation of people in school, workplace, or other non-public location: Attach tool(s) if relevant
- ☐ Direct observation of people in public places: Attach tool(s) if relevant
- ☐ Collection of physical specimens (e.g., blood, saliva, etc.)
- ☐ Collection of data or physical specimen through non-invasive means (e.g., weight)
- ☒ Other(s) (please specify): **Exit Slips**
4. How will participants complete the study (e.g., email, phone, mail, face to face)? Include the web address, email, script, survey, or other relevant information.

The students will be completing the research face-to-face during their normal school days.
The students will only complete the yoga/mindfulness activities during their in-person school days.

This will be done at Eisenhower Elementary School, unless school is switched to fully online. If we go fully online, this research will be done via zoom.

5. How often will participants be expected to meet with researcher(s) and for how long (e.g., two one-hour meetings, two weeks apart; 10-minute survey)?

The students' will be participating in the hybrid model implemented by Dubuque Community Schools. The students have in-person learning days 2-3 times a week (alternating weeks). The students will participate in a yoga/mindful session once a week for roughly 12 weeks. The sessions will last about 15-20 minutes. Every 3 weeks the students will have some sort of documentation to complete (exit slip, survey, etc.) that will take about 5 extra minutes. These will be used for data. After the breaks, students will complete a math warm-up activity that will be graded for data.

6. Explain in detail the total experience of participants during the research. Be sure to include scripts, forms, surveys, and other documents related to the study.

The research experiences the students will go through is going to be during their normal school day. Challenge for Change already does yoga lessons in the Dubuque Community Schools so the students will take a small break from instruction for yoga just like they would when Challenge for Change comes. We will do a yoga break that will transition into a mindful break. Students will participate in these breaks once a week. Every 4 weeks, the students will be given an exit slip immediately after their yoga/mindful break to fill out. The exit slips will serve as changes-over-time data. The students will also do a total of three surveys, one at the beginning of the research, one at the 6 week mark, and one at the end of the research. This will be documented data. As the researcher I will also take observation notes and record scores from assignments/tests directly after the yoga break. The scores will serve as numerical data whereas the observation notes will help me better understand what changes need to be made to help things run more smoothly. Both exit slips and surveys will be done anonymously.

7. How will the accuracy of the data collection be ensured (e.g., pilot testing, interrater reliability, single or double blind)? IRB may request raw data in order to assess accuracy.

The data collection will be done by anonymous exit slips and surveys as well as assessments. The exit slips and surveys are being done anonymously so there is no bias. I also want the kids to feel like they can express their feelings honestly. The assessments and assignments used will be during math class. I chose to do their yoga breaks before math so that I can assess assignments/tests that only have one answer such as math. This way I am not conflicted on whether an answer is correct or not because there will only be one correct answer.

8. Will data be anonymous or confidential? *Anonymous data are data collected with no identifiers available to the researcher. Confidential data include one or more identifiers which is available to the researcher.*

- ☐ Anonymous
☒ Confidential

9. How will data be *collected* in order to protect the confidentiality and privacy of participants?

Most of the data I am collecting will be done anonymously such as the surveys and exit slips. I will specifically tell them to please not write their names on these sheets. I think this will help them feel more comfortable giving honest feedback. As for their assignment/test scores, these will only be seen by me. I am going to choose to use material to grade that does not get entered into the system. The students know which things get entered and which things don't so I don't want any added pressure when they complete these assignments. Individual scores will be documented but the main focus of data will be the class average. When the scores are added into my research, each student's name will have been replaced with a number to maintain confidentiality.

10. How will data be *stored* in order to protect confidentiality and privacy of participants (e.g., locked file in a particular room, password protected file on a specific computer)? Be specific.

All data will be collected on paper and will be stored in a locked filing cabinet in my classroom. Once the data from these papers is transferred into electronic form, that will be kept in my OneDrive that is password protected on my personal computer.

11. How and when will data be destroyed? The federal government requires data to be retained for at least three years.

The data will remain in my OneDrive under a password that only I know, and be kept for three years. The paper copies of data will remain locked in my current filing cabinet until the end of the year. At the end of the year, I will be moving classrooms and transferring that data into a new filing cabinet in my new classroom. At the end of the three years, the paper copies will be shredded and the electronic form will be deleted.

12. Describe the specific quantitative or qualitative analysis that will be used to answer the research questions.

Qualitative: Narrative Explanation – After looking through the survey responses, I will use narrative writing to explain my overall findings as to how my students feel regarding the yoga/mindful breaks. I will also code my narrative data and look for patterns among my students.

Quantitative: Graphs – Graphs will be used to show the class averages in graded materials every 3 weeks. I will also use a graph for my exit slips. My exit slips are designed so that the students have two options to choose from for every answer. I will record these responses as a class whole in a graph. My goal is to see their answers showing that they feel the breaks are causing a positive shift in behavior and academics.

- VI. The researcher is responsible for considering any potential risk that a research participant might experience. Risk to participants may be tolerable in research as long as it is necessary to gather the information and as long as the researcher has provided appropriate ways to minimize the risk. Carefully estimate risk level for participants of this study. Explain plans to minimize the risk to participant(s) and how participant complaints will be handled.

A. Psychological stress greater than daily life (e.g., potential to perceive topic or materials as threatening, offensive, or degrading)	Level of risk <input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Minimal risk <input type="checkbox"/> Substantial risk
Describe circumstances that could lead to risk if applicable. Explain plans to minimize the risk to participant(s) and how participant complaints will be handled.	
B. Social or economic stress greater than daily life (e.g., perception of experience as potentially damaging to financial standing, employability, job retention, or reputation)	Level of risk <input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Minimal risk <input type="checkbox"/> Substantial risk
Describe circumstances that could lead to risk if applicable. Explain plans to minimize the risk to participant(s) and how participant complaints will be handled.	
C. Physical or medical risk greater than daily life (e.g., potential for physical injury or negative impact on health)	Level of risk <input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Minimal risk <input type="checkbox"/> Substantial risk
Describe circumstances that could lead to risk if applicable. Explain plans to minimize the risk to participant(s) and how participant complaints will be handled.	
D. Unintended disclosure of confidential information (e.g., school or medical records)	Level of risk <input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Minimal risk <input type="checkbox"/> Substantial risk
Describe circumstances that could lead to risk if applicable. Explain plans to minimize the risk to participant(s) and how participant complaints will be handled.	
E. Perceived coercion to participate because of existing or potential relationship between researcher and participant (e.g., friend-friend, teacher-student, employer-employee)	Level of risk <input type="checkbox"/> Not Applicable <input checked="" type="checkbox"/> Minimal risk <input type="checkbox"/> Substantial risk
Describe circumstances that could lead to risk if applicable. Explain plans to minimize the risk to participant(s) and how participant complaints will be handled.	I want my students to feel like this an extra "fun" activity they get to participate in weekly. I've also built a relationship with my students where they might just be trying to please me. But if the student truly does not feel comfortable participating they do not have to and that will be made known.

F. Confusion resulting from experimental deception (e.g., use of placebo)	Level of risk <input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Minimal risk <input type="checkbox"/> Substantial risk
Describe circumstances that could lead to risk if applicable. Explain plans to minimize the risk to participant(s) and how participant complaints will be handled.	
G. List any other risk that may apply:	Level of risk <input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Minimal risk <input type="checkbox"/> Substantial risk
Describe circumstances that could lead to risk if applicable. Explain plans to minimize the risk to participant(s) and how participant complaints will be handled.	

VII. Conflicts of Interest (COI)

- A. Financial COI:** Do any of the researcher(s) (or their spouse(s), domestic partner(s), significant other(s), and/or dependent children) have financial interests related to this study?

☐ Yes

☒ No

1. If Yes, please disclose this financial COI:

N/A

2. If Yes, please explain how relevant researcher(s) will manage the influence of this financial COI to avoid any actual or seeming compromised judgement related to the collection, analysis or reporting of this research project. Note: Any COI should be disclosed in publications or presentations.

N/A

- B. Other COI:** Do any of the researcher(s) (or their spouse(s), domestic partner(s), significant other(s), and/or dependent children) have any other personal considerations that may compromise—or have the appearance of compromising—an investigator's professional judgment in conducting or reporting research for this project?

☐ Yes

☒ No

1. If Yes, please disclose this other COI:

N/A

2. If Yes, please explain how relevant researcher(s) will manage the influence of this personal COI to avoid any actual or seeming compromised judgement related to the collection,

analysis or reporting of this research project. Note: Any COI should be disclosed in publications or presentations.

N/A

VIII. Describe the potential benefits of this research to individual participants or to society.

Benefit of the Participants: Students will learn more about their mind and bodies and how to better relax them and regain focus. Some of the things they learn can be used at later times to help them.

Benefit of the Researcher: I will learn how to better recognize when a brain break is needed and when to appropriately use them to help my students relax (before a test or big assignment).

IX. Assurance Statements

I understand and agree to follow all of Clarke University's IRB policies and requirements.

[Redacted Signature]

Date _____ Principal Investigator's Signature

If the PI is a student, then the Faculty Advisor must agree to the following:

I reviewed this application and approve of the protocols. I worked with this student to ensure that all ethical and procedural concerns have been addressed. I support this research project and attest to the ability of the researcher to conduct this study.

[Redacted Signature]

Date _____ Faculty Advisor's Signature (if applicable)

If the Student PI is unable to obtain a Faculty signature (e.g., Faculty Advisor is out of town), then student must CC the faculty member when submitting the Application and any revisions. The Faculty Advisor must then "Reply All" confirming approval before the Application or Revision will be considered for review or approval. This alternative signature process is only for exceptional circumstances. Please indicate why this alternative process was necessary.

Abstract

The purpose of this research is to examine the behavioral and academic effects of taking mindfulness breaks to let the students self-regulate. To examine the correlation between the two, the students will take part in “brain breaks” once a week. After the brain break, the students will complete a short math warm-up assignment to be graded. Every three weeks the students will complete a short exit slip based on their feelings towards the breaks and during weeks 1, 6, and 12 the students will complete a survey expressing what they like most and what they would like to see changed. These pieces of data will go towards adjustments in the brain breaks whereas the warm-up grades will go towards numerical data. The goal is to see an increase in scores and decrease in behaviors. Throughout the research, I will write anecdotal notes on student engagement during the breaks.



Completion Date 05 Jun 2022
Expiration Date 05 Jun 2022
Record ID [REDACTED]

This is to certify that:

[REDACTED]

Has completed the following CITI Program course:

Social & Behavioral Research - Basic/Refresher (Curriculum Group)
Social & Behavioral Research (Course Learner Group)
1 - Basic Course (Stage)

Not valid for renewal of certification through CME. Do not use for TransCelerate mutual recognition (see Completion Report).

Under requirements set by:

Clarke University

CITI
Collaborative Institutional Training Initiative

Verify at www.citiprogram.org

[REDACTED]



Completion Date
Expiration Date
Record ID



This is to certify that:



Has completed the following CITI Program course:

Social & Behavioral Research - Basic/Refresher (Curriculum Group)
Social & Behavioral Research (Course Learner Group)
1 - Basic Course (Stage)

Under requirements set by:

Clarke University



Collaborative Institutional Training Initiative

Verify at www.citiprogram.org/verify/



Dear Parents/Guardians,

As most of you know, I am currently pursuing my Masters in Education degree at Clarke University. As a part of my coursework, I am completing an action research project investigating Yoga and Mindfulness in the Classroom. Action research is the normal way that teachers systematically assess teaching strategies to help us reflect on how to improve our teaching and better meet students' educational needs. In this case, I am conducting this research as part of my own coursework instead of simply to improve my own teaching, so I want you to be aware.

As yoga and mindfulness activities will be implemented in our classroom curriculum, all of my students will be subjects in the project. Students will be participating in yoga and mindfulness activities once a week and completing a short math assessment afterwards to see how it might affect their focus and academics. I will be collecting individual scores but my main focus will be class average scores. I will be using this data throughout the project and the information will be included in a final research paper presented to my professor and peers. All student names will be kept confidential and not be revealed in the paper.

If you have any questions or concerns, please do not hesitate to contact me.

Thank you,

[Redacted Signature]
[Redacted Email Address]

Name _____

Math warm-up examples

Week #2

Day 1

Round the following numbers to the nearest 100.

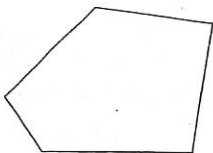
634 _____

268 _____

489 _____

$55 + 84 =$

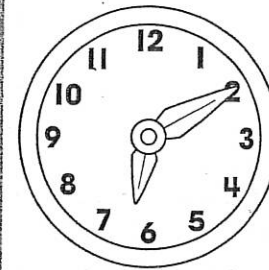
What is the name of the figure shown?



What is the value of the following coins?

2 quarters, 4 dimes, and 6 pennies

What time is shown on the clock?

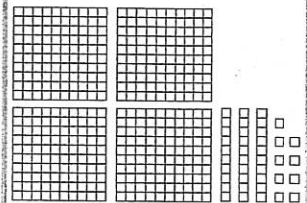


$39 + 97 =$

Day 2

Jessica did some push-ups this week in gym class. On Monday, she did 10 and on Tuesday she did 13. How many push-ups did she do this week?

Look at the base ten blocks. Write the number shown.



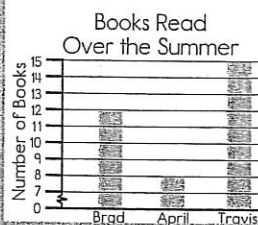
Day 3

Complete the table.

Add 4	
1	5
3	
8	
16	

$85 - 31 =$

How many books did Brad, April, and Travis read altogether?



$88 - 32 =$

Day 4

$91 + 28 + 13 =$

The zookeeper gave 2 bags of peanuts to an elephant. There were 12 peanuts in each bag. How many peanuts did the zookeeper give to the elephant?

What units would you use to measure the length of a wall?

- A. inches
- B. centimeters
- C. yards

Round the following numbers to the nearest 10.

25 _____

48 _____

51 _____

Scores on Math Warm-Ups

Date:								
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
18								
19								
20								
21								

Date: _____

Yoga/Mindfulness Student Survey

This survey is for me to gather information on how you feel towards our yoga/mindfulness breaks. This survey is anonymous and I will not know who is answering the questions on this paper. Answer truthfully (you won't hurt my feelings). The answers you give are so I can change up our routine for the better.

1. Is there something you wish we wouldn't do during our yoga/mindfulness breaks? Explain.

2. Is there something you wish we would add to our yoga/mindfulness breaks to make them better? Explain.

3. What are your overall feelings towards our yoga/mindfulness breaks? Do you like them or not so much? Explain.

Date: _____

This Exit Slip is to monitor your feelings towards our yoga/mindfulness breaks. This is anonymous feedback so I don't know who is answering the questions. Please answer the questions truthfully (you won't hurt my feelings). Circle one of the two options to the following questions:

- | | | |
|--|------|---------|
| 1. Are you a boy or a girl? | BOY | GIRL |
| 2. Do you enjoy the yoga portion of the breaks? | YES | NO |
| 3. Do you enjoy the mindfulness portion of the breaks? | YES | NO |
| 4. Do you enjoy the yoga or mindfulness portion more? | YOGA | MINDFUL |
| 5. Do you feel more relaxed after our breaks? | YES | NO |

Date: _____

This Exit Slip is to monitor your feelings towards our yoga/mindfulness breaks. This is anonymous feedback so I don't know who is answering the questions. Please answer the questions truthfully (you won't hurt my feelings). Circle one of the two options to the following questions:

- | | | |
|--|------|---------|
| 1. Are you a boy or a girl? | BOY | GIRL |
| 2. Do you enjoy the yoga portion of the breaks? | YES | NO |
| 3. Do you enjoy the mindfulness portion of the breaks? | YES | NO |
| 4. Do you enjoy the yoga or mindfulness portion more? | YOGA | MINDFUL |
| 5. Do you feel more relaxed after our breaks? | YES | NO |

Eisenhower Elementary

3170 Spring Valley Rd.

Dubuque, Iowa 52001

RE: Permission statement for conducting an action research study

To whom it may concern:

I grant permission for [REDACTED] to conduct an action research study in [REDACTED] 3rd grade classroom at Eisenhower Elementary School during the weeks of [REDACTED] [REDACTED] [REDACTED] [REDACTED]. I am fully aware of the methodology that will be implemented as well as the data tools that will be used for testing purposes.

Sincerely,

Eisenhower Elementary Principal

[REDACTED]

[REDACTED]