**Lesson Title: I Can Practice Mindfulness**

**Pre and Post Assessment**

**Student name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age \_\_\_\_\_\_\_\_\_\_**

**Dates \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ Form completed by: \_\_\_\_\_\_\_\_\_\_\_**

**Place a + in the column if the student completes the skill**

**Place a / in the column if the student partially completes the skill**

**Place a – in the column if the student is unable to complete the skill**

**Provide a comment for each skill if needed on the C line**

|  |  |  |
| --- | --- | --- |
| **Skills observed & Comments (C:)** | **Pre-test** | **Post-test** |
| 1. Defines the term “mindfulness”
 |  |  |
| **C:** |  |  |
| 1. Lists 3 benefits of practicing mindfulness
 |  |  |
| **C:** |  |  |
| 1. Lists 4 of 5 steps of practicing mindfulness
 |  |  |
| **C:** |  |  |
| 1. Participates in the 5 mindfulness steps classroom practice
 |  |  |
| **C:**  |  |  |
| 1. Student observed to use mindfulness techniques when in stressful situations
 |  |  |
| **C:** |  |  |
| 1. Student completes homework page accurately w/minimal assists (post lesson)
 |  |  |
| **C:** |  |  |