



mental health matters

promoting resilience for chippewa valley youth

Mindfulness Champion Activities Form

INSERT SCHOOL HERE

*We ask that you fill out this form monthly to help us get a better understanding of what activities are taking place in your school, how we can best support you, and to help share information among schools and with the grant teams. Thank you for your work to lead this initiative!

1. How much time have you spent on activities related to being a mindfulness champion this month? (This in no way designates how well you are doing. It is to track the extra time champions require to support mindfulness in their schools.)

<i>Example</i>	<i>2.5hrs</i>
February	
March	
April	
May	
Summer	
August	
September	
October	
November	
December	
January	

2. List mindfulness activities that are occurring.

<i>Example</i>	<i>3 min Morning Mindfulness for staff daily, 7th grade classroom 5 min daily mindfulness</i>
February	
March	



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April	
May	
Summer	
August	
September	
October	
November	
December	
January	

3. Approximately how many people have participated in mindfulness activities this month?

	# of Staff	# of Students	# of classrooms or groups
<i>Example</i>	<i>30</i>	<i>100</i>	<i>7</i>
February			
March			
April			
May			
Summer			
August			
September			
October			
November			
December			
January			



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4. What do you feel is going well? What are you proud of, and what are people responding to?

<i>Example</i>	<i>Staff is really feeling more refreshed and less stressed. They are excited about practicing mindfulness and bringing it to students.</i>
February	
March	
April	
May	
Summer	
August	
September	
October	
November	
December	
January	

5. What has been challenging? What barriers have impeded implementation? Have you had to make any changes to your original plans?

<i>Example</i>	<i>Making time to practice that cannot be touched by other meetings, deadlines, and things to do.</i>
February	
March	
April	
May	
Summer	
August	
September	



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October	
November	
December	
January	

6. What types of support or resources would be helpful?

<i>Example</i>	<i>A book to help support mindfulness or some websites and articles with data to share to administrators, school board, parents and students would be helpful.</i>
February	
March	
April	
May	
Summer	
August	
September	
October	
November	
December	
January	

7. Any other questions, concerns or thoughts?

February	
March	
April	
May	



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Summer	
August	
September	
October	
November	
December	
January	

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