

26 teachers from Max Larsen Elementary completed a pre-pilot survey on self-report measures assessing:

- student focus and dis-regulation after class transitions
- teacher and student stress
- teacher and student proficiency with self-regulation
- self-regulation resources used in class

12 teachers completed the post-pilot survey which assessed these same measures. Additionally the survey asked teachers to rate their level of agreement with statements such as: “The Recess Reset curriculum helped my students to feel more calm after recess”. The report also collected answers to whether teachers would like to continue using Recess Reset, and if they would recommend it to a colleague.

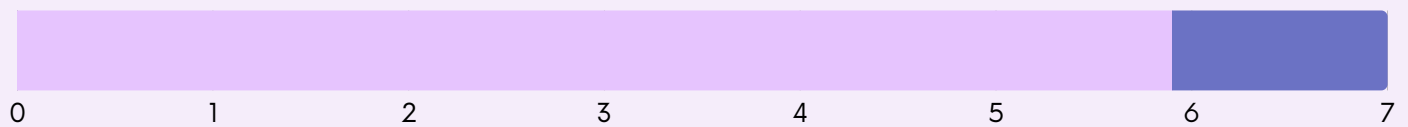
Disagree/Agree Statements

1 = strongly disagree, 7 = strongly agree

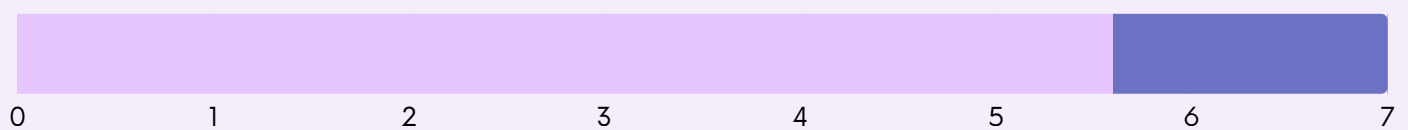


Calm and Focus after Recess

“The Recess Reset curriculum helped my students to feel more calm after recess”: **agree (5.9/7)**

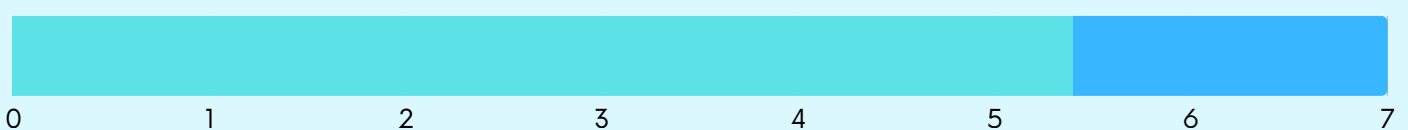


“The Recess Reset curriculum helped my students to focus in class after recess”: **agree (5.6/7)**

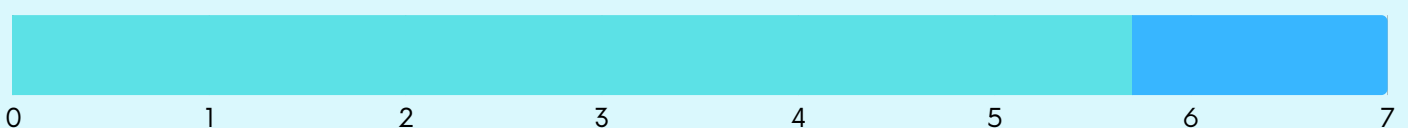


Teacher Stress and Student Enjoyment

“The Recess Reset curriculum helped me to feel less stressed at work”: **somewhat agree (5.4/7)**



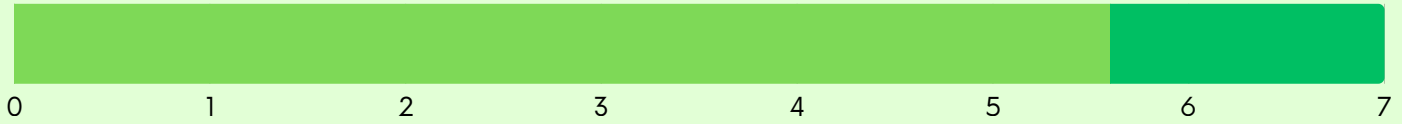
“My students enjoyed participating in the Recess Reset animated video lessons”: **agree (5.7/7)**





Capacity to Self-Regulate Stress and Emotions

“The Recess Reset curriculum helped me to improve my own capacity to self-regulate my stress and emotions”: **agree (5.6/7)**



“The Recess Reset curriculum helped my students to improve their own capacity to self-regulate their stress and emotions”: **somewhat agree (5.4/7)**



Pre/Post Outcome Measures

The following data represents the level of change in teacher and student stress, student focus and regulation after recess, and teacher and student ability to self-regulate stress and emotions

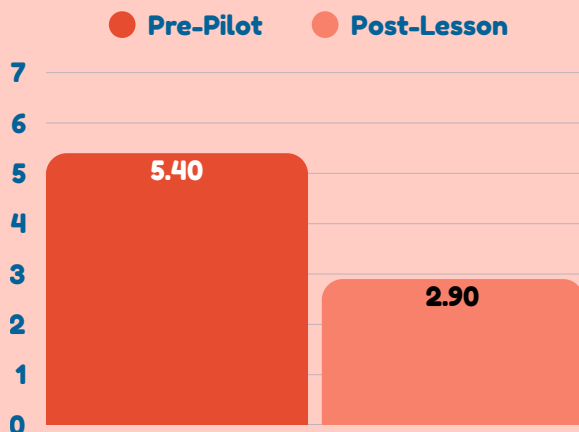
Teacher and Student Stress Levels

Pre/Post Teacher Stress after recess: **46% reduction in teacher stress**

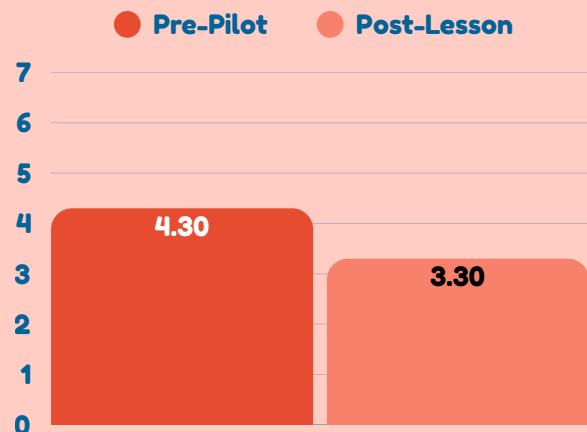
Pre/Post Student Stress after recess: **24% reduction in student stress**



Teacher Stress



Student Stress



Rate the average daily stress level of the students in your classroom after having completed the Recess Reset pilot.
Rate your average daily stress level as a teacher after having completed the Recess Reset pilot.



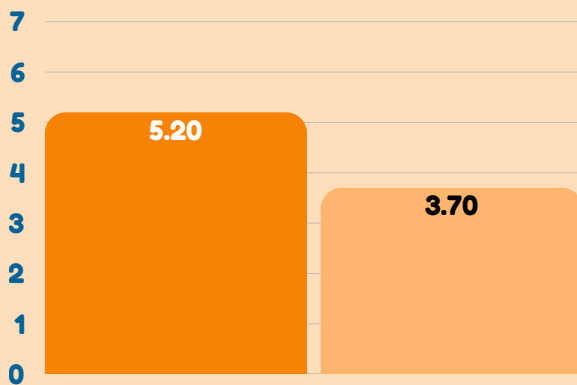
Student Focus and Dysregulation after Recess

Pre/Post Student Focus after recess: **29% improvement**

Pre/Post Student Dysregulation after recess: **30% improvement**

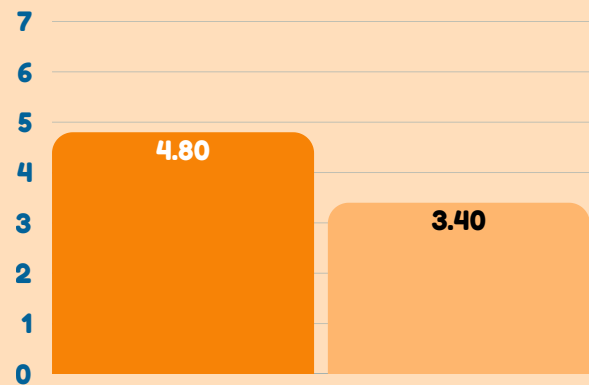
Difficulty Focusing

● Pre-Pilot ● Post-Lesson



Student Dysregulation

● Pre-Pilot ● Post-Lesson



Rate on average how easy or difficult it is for your students to focus on school work after having completed a Recess Reset practice session.

Rate on average how calm or dis-regulated your students are after having completed a Recess Reset practice session.

Teacher and Student Proficiency in Self-Regulation

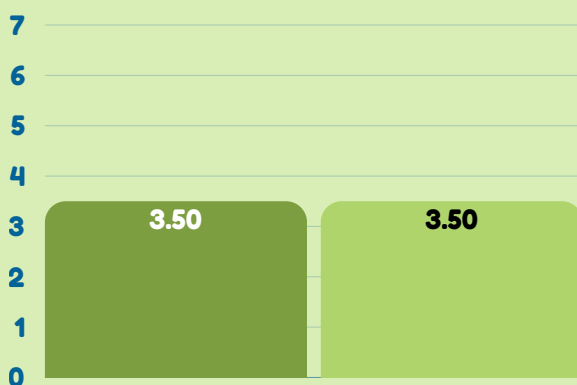
Pre/Post Teacher Proficiency in Self-Regulation: **No significant change**

Pre/Post Student Proficiency in Self-Regulation: **No significant change**



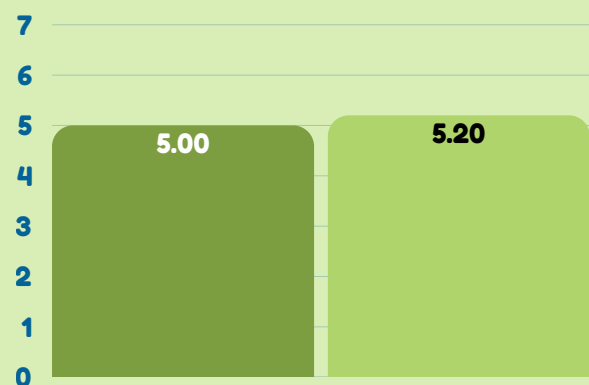
Student Proficiency

● Pre-Pilot ● Post-Pilot



Teacher Proficiency

● Pre-Pilot ● Post-Pilot



Rate on average how well your students can self regulate their own stress and emotions after having completed the Recess Reset pilot

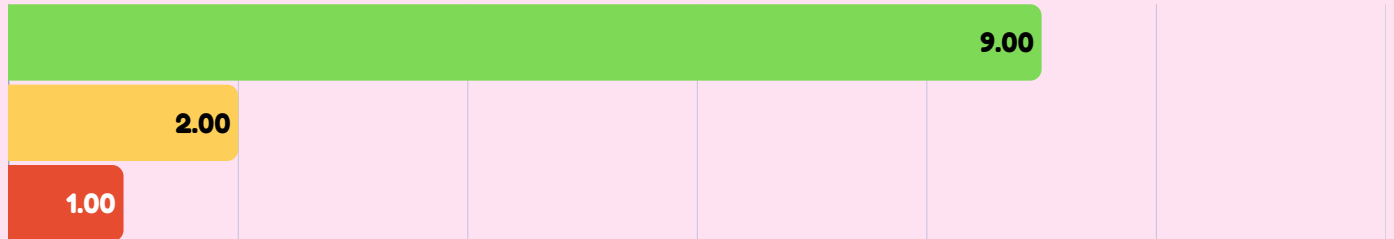
Rate on average how well you can self regulate your own stress and emotions after having completed the Recess Reset pilot.



Teacher Desire to Continue

If your school site were to pay for an annual license to Reset Plus, giving you access to our extended curriculum units, would you continue to use Recess Reset?

● Yes ● Maybe ● No



On a scale of 1 to 10, how likely are you to recommend Recess Reset to a friend or colleague? **8.6/10**



Resources teachers currently use to teach Self-Regulation and Self-Awareness (from pre-pilot)



● # of Teachers

