**Mindfulness in Education Heuristic**

Your name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Week: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*For each characteristic circle the numeral that best reflects your current state of mindfulness in this class. As necessary, provide contextual information that applies to your rating.*

During this class:

1. I am curious about my feelings as they rise and fall.

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*

1. I find words to describe the feelings I experience.

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*

1. I identify distracting thoughts but let them go (without them influencing future action).

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*

1. I am not hard on myself when I am unsuccessful.

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*

1. I recover quickly when I am unsuccessful.

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*

1. I pay attention to my moment-to-moment sensory experiences.

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*

1. I am aware of the relationship between my emotions and breathing pattern.

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*

1. I am aware of changes in my emotions and pulse rate.

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*

1. I maintain a positive outlook.

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*

1. I can tell when something is bothering the teacher.

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*

1. I can tell when something is bothering other students.

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*

1. The way in which I express my emotions depends on what is happening.

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*

1. The way in which I express my emotions depends on who is present.

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*

1. I can focus my attention on learning.

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*

1. I feel compassion for myself when I am unsuccessful.

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*

1. I feel compassion for others when they are unsuccessful.

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*

1. When I produce strong emotions I easily let them go.

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*

1. I gauge my emotions from changes in my body temperature.

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*

1. I am aware of others’ emotions from characteristics of their voices.

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*

1. I am aware of my emotions being expressed in my voice.

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*

1. I recognize others’ emotions by looking at their faces.

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*

1. I am aware of my emotions as they are reflected in my face.

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*

1. My emotions are evident from the way I position and move my body.

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*

1. The way I position and move my body changes my emotions.

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*

1. I can tell others’ emotions from the way they position and move their bodies.

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*

1. I am aware of emotional climate and my role in it.

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*

1. Seeking attention from others is not important to me.

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*

1. Classroom interactions are characterized by winners and losers.

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*

1. I meditate to manage my emotions.

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*

1. I use breathing to manage my pulse rate.

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*

1. I use breathing to manage my emotions.

*5= Very often or always; 4= Often; 3= Sometimes; 2=Rarely; 1=Hardly ever or never*

*Comments:*