Wellness Works in Schools™ - Kinder Associates LLC
Mindful Awareness Program Research in Schools 2009 – 2010

Millersville University (PA) Evidence-Based Research
Cheryl Desmond, PhD, Professor, Educational Foundations, Millersville University has published findings of two research studies on the effectiveness of a school-based program of mindful awareness (Wellness Works in Schools™) on students in an urban, low income public middle school in Lancaster, PA

- **Observational Study of Middle School Special Education Students, 2008 – 2009** - The study examined six students’ behavioral responses during a series of seven to nine lessons of mindful awareness practices of Wellness Works lessons. The findings “…strongly support the positive effects of mindful awareness teaching (Wellness Works) on student cognitive, physical and social behavior”.

- **Randomized Control Study of Sixth Grade Students, 2009 – 2010** - This research project evaluated the effectiveness of the school-based program of mindful awareness on the self-regulation and the executive functions skills of 40 sixth grade students in an urban middle school in Lancaster. The study findings concluded “…treatment students (participated in ten Wellness Works sessions) maintained or improved executive function skills while the skills of control students regressed.”

**Sampling of Kinder Associates Outcome-Based Results (2009 – 2010)**

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<td>Alt. Ed. Elem. HS</td>
<td>Special Ed. Elem. MS</td>
<td>Special Ed. MS HS Youth Int. Cent.</td>
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<td>Sample Size</td>
<td>18          24            21             16             17       20             35</td>
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“How does Wellness Works make you feel inside/emotionally?”
- Calm & Engaged: 72% 72% 71% 75% 78% 90% 97%

“How does Wellness Works make you feel about yourself?”
- Good or Great: 89% 67% 65% 83% 77% 95% 80%

“Should other students your age take Wellness Works?”
- Yes: 100% 67% 77% 65% 89% 95% 97%

Wellness Works helps me”: (top 6 listed) Use my breath to calm myself; Focus and pay attention; Manage my emotions; Be and do my best; Gain self-control; and Feel less stress

**Administrator/Teacher Evaluations**

- **Alternative Education Elementary Teacher**: “Thank you. Wellness Works is allowing us to establish a wellness vocabulary within our classrooms and school settings. When students have reached the escalated state you have helped expand upon our de-escalation strategies with students.”

- **Middle School Principal**: “I do not know of any program which works so quickly, with students, for them to begin to take control of their lives and begin developing an internal locus of control.”

- **High School Assistant Principal of Alternative Education**: “As a result of Wellness Works, students seem more interested in their school work and take more time to process what’s happening before they react.”

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