

Observation Sheet

Age of child at start of the 8 weeks

Name of Child

Observations Prior to Mindfulness Interventions

| Observation Prompts | Scoring - (Circle as appropriate) | | | | | | Observation Notes |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|---|---|---|---|---|-------------------|
| Is the child able to stay focussed on what is happening in the present moment appropriately for their age range? | 1 | 2 | 3 | 4 | 5 | 6 | |
| Does the child rush through activities eager to get onto the next thing? | 1 | 2 | 3 | 4 | 5 | 6 | |
| Does the child seem to be able listen/pay attention when interacting with peers and adults? | 1 | 2 | 3 | 4 | 5 | 6 | |
| Is the child able to take in new information in a manner appropriate to their age range? | 1 | 2 | 3 | 4 | 5 | 6 | |
| Does the child seem preoccupied with things that have happened in past or might happen in the future than they do about what it is happening in the present moment? | 1 | 2 | 3 | 4 | 5 | 6 | |
| Does the child focus on the goal rather than the process of an activity? | 1 | 2 | 3 | 4 | 5 | 6 | |
| Does the child eat fast without noticing their food? Are they always asking for snacks? | 1 | 2 | 3 | 4 | 5 | 6 | |
| Is the child about to settle and self soothe independently? | 1 | 2 | 3 | 4 | 5 | 6 | |
| Does the child display any signs of tension or anxiety? Or are they relaxed much of the time? | 1 | 2 | 3 | 4 | 5 | 6 | |
| Is the child able to express their emotions and feelings? | 1 | 2 | 3 | 4 | 5 | 6 | |
| Is the child able to demonstrate kindness to themselves and others? | 1 | 2 | 3 | 4 | 5 | 6 | |

Scoring: (1 = Almost Always, 2 = Very Frequently, 3 = Somewhat frequently, 4 = Somewhat Infrequently, 5 = Very Infrequently, 6 = Almost Never)

Observations after 8 weeks of mindfulness practice – Note any changes you have observed. Give examples.

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