

Moving and Learning Report – North Trail Elementary

The Moving and Learning training is structured to provide teachers with the knowledge and skills to help their students utilize its techniques in the classroom. Through funding provided by the Statewide Health Improvement Partnership grant by the Minnesota Department of Health, Dakota County sponsored trainings conducted by 1000 Petals¹ at several local schools. The trainings consisted of a two-hour training at an in-service day and some staff also received a residency, where further guidance and in-class support was offered. The following results highlight feedback provided approximately 3 school-months after the training was provided.

North Trail Elementary Results

Forty-four staff from North Trail Elementary received training and 33 (75%) provided feedback 3 months after the initial training. When asked how often they are using Moving and Learning techniques, responses were:

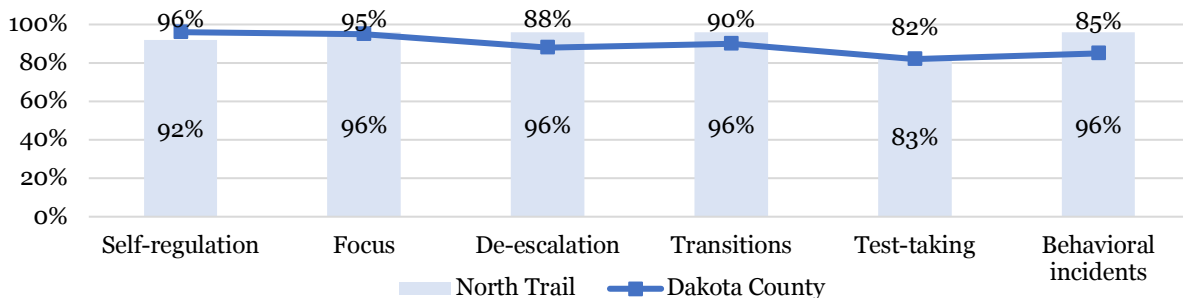
- 18% every day
- 32% 2-4 times a week
- 21% once a week
- 18% less than one a week
- 11% never

Quotes from teachers:
“A sense of calmness in our classroom.”

“This has been helpful in us preparing for the day, transitioning from recess, calming down after a high energy activity, and preparing for stressful situations (test taking).”

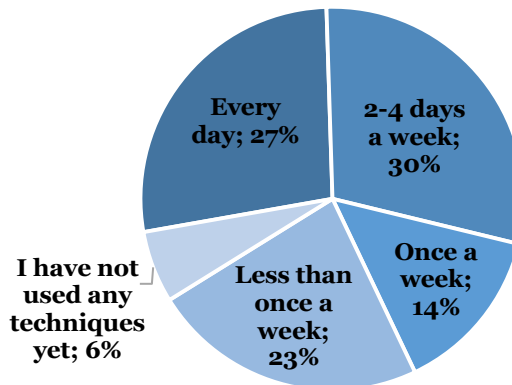
“Has been a positive impact in student behavior. Not only improving self-awareness, but students are taking more initiative in seeking out strategies to use to self-regulate.”

Further, staff were asked how Moving and Learning has helped their students. Figure 1 highlights responses from staff on a 4-point scale who “agreed” or “strongly agreed” with each category.



Dakota County Results

Across the County, 400+ staff have been trained. Immediately following the training, almost all agreed or strongly agreed they would use what they learned (99.8%). Figure 2 highlights those implementing the techniques 3 months following the training. Moving and Learning is encouraging more movement during the school day.



¹ <https://1000-petals.com/>