

## **Moving and Learning Report Residency Training**

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 Petals<sup>1</sup> 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.

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<sup>1</sup> <https://1000-petals.com/>

## Residency Training Results

In Dakota County, 426 staff members received the two-hour training and 43 of those staff also received further training and in-class-support called a Residency. Of those completing the Residency, 37 staff members (86%) provided feedback 3 months following the initial training.

Quotes from teachers:

*“It helps my students learn how to be still and be aware of their body and how it is feeling.”*

*“My students are noticing when they are getting upset, before it's a huge incident. I have more strategies to use when I notice that my students are high energy, or sensory seeking.”*

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. Staff who completed the residency reported more frequent use of the techniques (see Fig. 2).

Fig. 1

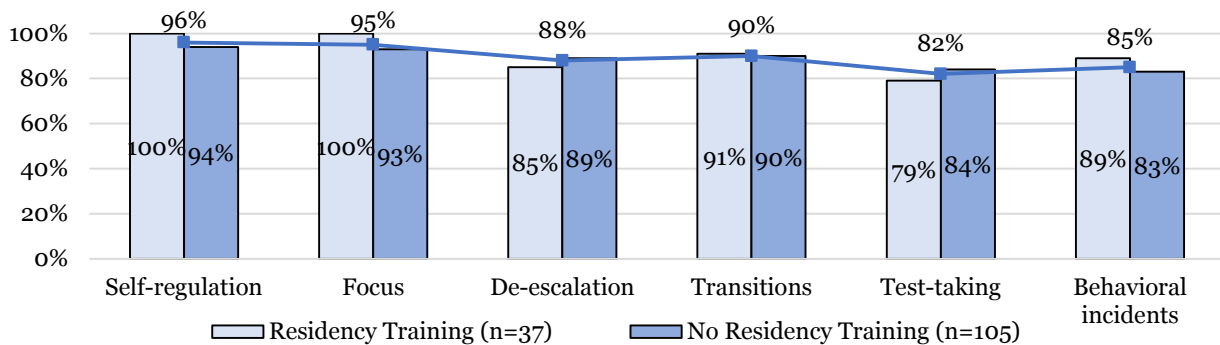
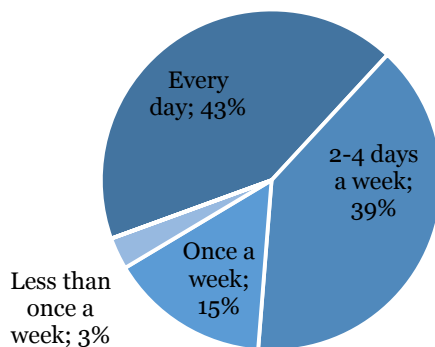


Fig. 2 Residency Training Results (n=37)



All Results (n=142)

