

## Moving and Learning Report – Vista View 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 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.

### Vista View Elementary Results

Thirty-four staff from Vista View Elementary attended the training and 17 (50%) provided feedback 3 months after the initial training. When asked how often they are using Moving and Learning techniques, responses were:

- 29% every day
- 29% 2-4 times a week
- 14% once a week
- 29% less than one a week
- 0% never

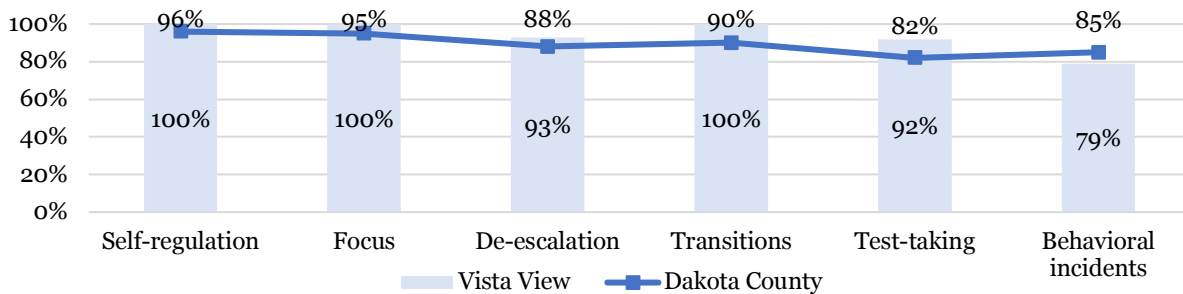
Quotes from teachers:

*“Students are able to stay in class more and deescalate independently.”*

*“One of my students who has challenging behaviors is much more calm and when she has a meltdown now it is short lived and she is able to self-regulate and get back to the group.”*

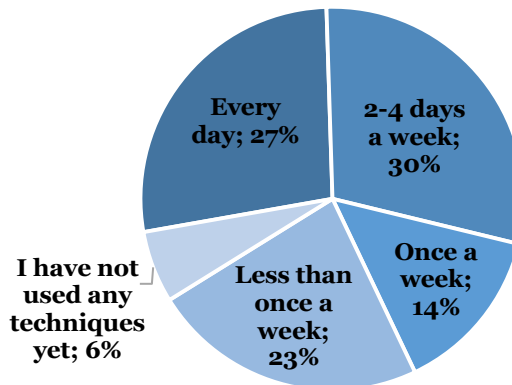
*“It helps me as a teacher to stay centered.”*

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.



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