



# Introductory Class on Focusing on Breathing - Survey

Albany Sai Center 12/12/15 - Children and Parents

Child: Grade 4.....

Optional for Parent: If you wish to receive ANNUAL UPDATE on this technique, please print

Name: ..... E-mail ID: .....

• When I practiced the breathing, I felt .....

*Calm, peace full and relaxing*

• I liked the breathing practices

*A lot*

They are OK

Didn't like them

• I like the circled modes

*'Folding mode'*

*'Counting mode'*

*'Tip mode'*

*'911 mode'*

*'Staring mode'*

• I will practice them when

○ I feel....

• *I need to ...*

• Comments (if any):

*I liked it because it was refreshing.*

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A lot

*They are OK*

Didn't like them

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*'Tip mode'*

*'911 mode'*

*'Staring mode'*

• I will practice them when

○ I feel....

*I want to do them.*

○ I need to ...

• Comments (if any):



# Introductory Class on Focusing on Breathing - Survey

Albany Sai Center 12/12/15 - Children and Parents

Child: Grade 5.....

Optional for Parent: If you wish to receive ANNUAL UPDATE on this technique, please print

Name: .....

E-mail ID: .....

- When I practiced the breathing, I felt ..... Calm, Peaceful
- I liked the breathing practices  A lot      They are OK      Didn't like them
- I like the circled modes  'Folding mode'      'Counting mode'  
 'Tip mode'      '911 mode'  
 'Staring mode'
- I will practice them when  
 I feel.... bored, tired  
 I need to ...
- Comments (if any):

# Introductory Class on Focusing on Breathing - Survey

Albany Sai Center 12/12/15 - Children and Parents

Child: Grade ...6...

Optional for Parent: If you wish to receive ANNUAL UPDATE on this technique, please print

Name: .....

E-mail ID: .....

- When I practiced the breathing, I felt .....
- I liked the breathing practices  A lot      They are OK      Didn't like them
- I like the circled modes  'Folding mode'      'Counting mode'  
 'Tip mode'      '911 mode'  
 'Staring mode'
- I will practice them when  
 I feel.... ~~.....~~  
 I need to ... take a test, sleep      angry, sad, mean
- Comments (if any):

This is really COOL!!



# Introductory Class on Focusing on Breathing - Survey

Albany Sai Center 12/12/15 - Children and Parents

Child: Grade 9.....

Optional for Parent: If you wish to receive ANNUAL UPDATE on this technique, please print

Name:..... E-mail ID: .....

• When I practiced the breathing, I felt .....

calm

• I liked the breathing practices

A lot

They are OK

Didn't like them

• I like the circled modes

'Folding mode'

'Counting mode'

'Tip mode'

'911 mode'

'Staring mode'

• I will practice them when

◦ I feel....

mad, angry, frustrated

◦ I need to ...

calm down

• Comments (if any):

# Introductory Class on Focusing on Breathing - Survey

Albany Sai Center 12/12/15 - Children and Parents

Child: Grade 10.....

Optional for Parent: If you wish to receive ANNUAL UPDATE on this technique, please print

Name:..... E-mail ID: .....

• When I practiced the breathing, I felt .....

~~Relaxed~~ Relaxed and calm.

• I liked the breathing practices

A lot

They are OK

Didn't like them

• I like the circled modes

'Folding mode'

'Counting mode'

'Tip mode'

'911 mode'

'Staring mode'

• I will practice them when

◦ I feel.... like i'm tired, stressed or bored/impacient

◦ I need to ... return to a stable state of mind.

• Comments (if any):