



RESULTS - I'M THUMBODY TEACHER SURVEYS 2017-2018

Toward the end of each I'm Thumbody presentation, presenters gave classroom teachers a survey. The teachers return the survey to the presenter at the conclusion of the program. After collecting the surveys at each school, presenters return the surveys to MHA. If a teacher is unable to complete the form or forgets or prefers not to give it to the presenter, s/he is instructed to return the survey by mail, fax, or pony. 300 of 310 teachers (96.7%) completed the short-term surveys.

The following indicates the percentage of teachers who responded positively to the five statements on the short-term survey:

Page One (Short-Term Survey): Data is based on 300 responses.

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| 1. The program holds the interest of the children. | 99.3% |
| 2. The wording on the articles of clothing is appropriate. | 100.0% |
| 3. The Thumbody poster will help remind the children of program goals. | 99.3% |
| 4. The Activity Packet will be a useful and good source of reinforcement. | 99.0% |
| 5. Thumbody pledge cards will help to address responsibility for behavior. | 99.3% |

Our goal is to assess the long-term effects of the program a few weeks after presentations are done. The process is to e-mail surveys to team leaders with instructions to give to the Grade 2 teachers. The initial return rate was poor, and it didn't help that we were unable to follow up in a timely manner. Eventually, we sent another e-mail to team leaders and cc'd School Counselors to expect paper copies in the 'pony' (interoffice school mail). We included a self-addressed pony envelope providing an easy way to return them. In total, 181 teachers from 32 schools (**60.3%**) returned the long-term surveys. This was a disappointing response rate, and we will strive to improve that next year.

The following indicates the percentage of teachers who responded positively to the seven statements on the long-term survey:

Page 2 (Long-Term Survey): Data is based on 181 responses.

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| 1. The Thumbody program is beneficial for children's self-esteem. | 99.6% |
| 2. Some students demonstrated improved respect for others after participating in the program. | 97.2% |
| 3. Students demonstrated a more positive attitude about their own abilities and learned that it's OK to be different. | 98.9% |
| 4. Students understand that their classmates have different abilities. | 98.9% |
| 5. Some students are more responsible and show increased self-control. | 96.1% |
| 6. I'm Thumbody should be continued for Grade 2 students. | 97.2% |
| 7. Making age-appropriate modifications, it would be good to expand the program to other grades. | 96.7% |



After analyzing collected data, it is clear that teachers believe the I'm Thumbody program is worthwhile and has a positive effect on participating students. They realize the importance of social emotional learning in helping children to thrive in the classroom and be successful in life. In addition, the themes covered in I'm Thumbody (responsibility, respect, kindness, self-control, and tolerance) provide a strong reinforcement of the character curriculum mandated by the School Board of Broward County. These traits and the knowledge of sources of safe help are also effective tools in bully prevention. Overall, teachers believe I'm Thumbody has value, and the concepts are very useful for the children.

Below are actual teacher comments from long-term and short-term surveys.

Comments from 2017-18 *I'm Thumbody* Long-Term Teacher Surveys

- "It is very important for elementary-aged students to learn about self-esteem, self-control and what they can do to change it. It is important that they learn these life skills now and not when they are a teenager or adult, or maybe never. This program needs to stay in schools and go beyond second grade-😊"
- "My students complement(sic) each other as well as expressing(sic) their feelings without offending each other."
- "The program is beneficial to promote positive attitudes."
- "My students have been talking about good mental health since this program. It really hit home."
- "My students benefited greatly in just the way they behave to each other."
- "The Thumbody program has a positive impact on our students."
- "The program is very beneficial because it helps students think about their emotions and behavior, how these two are connected and gives them tools to manage them."
- "An excellent program for kids!"
- "The Thumbody program was interactive and helped my class understand that everyone is different. It gave them examples on how their words and actions could impact others."
- "Thumbody is an excellent program! It gives s students tools to express themselves."
- "A well thought out program. Needed especially as we look at what's going on in our society. Students need to hear from others because they hear us all the time."



Comments from 2017-18 *I'm Thumbody* Short-Term Teacher Surveys

- "I love this program. Great for teaching respect."
- "This is a wonderful program that helps students understand their emotions and behavior and how they can manage both."
- "The program is wonderful for children's self-esteem."
- "I believe that this program is important for students to carry with them throughout life."
- "A great program reinforcing our character education."
- "Program is very necessary!"
- "Excellent program! Teaching good mental health skills is important and essential in keeping our students safe and happy."
- "The children learned an important message."
- "The clothing examples were a great way to distinguish between positive and negative thinking."
- "The content discussed is very relevant."
- "The students really enjoyed the lesson and learned to think positively."
- "I like that the students were able to learn about mental health because I don't think they hear it much (if at all). Hopefully, it will be very beneficial for them out of school and in school."
- "I find that the program is very useful for building our students' character development."
- "Thumbody helps students understand how to behave and respect others."
- "I have always loved the preprogram. It's important that the students know how special they are."
- "I love the growth mindset! Great self-esteem builder."
- "Program is great at introducing mental health and positive attitudes."
- "This program really has had such a positive impact on this grade level. It lets them (2nd graders) feel great about expressing their feelings."
- "Good program and concepts for the students to think about their self-esteem and self-control."
- "Very needed and useful. We need more."