



RESULTS - I'M THUMBODY TEACHER SURVEYS 2016-2017

Toward the end of each I'm Thumbody presentation, presenters gave classroom teachers a survey. The teachers returned the survey to the presenter at the conclusion of the program. After collecting the surveys at each school, presenters returned the surveys to MHA. If a teacher was unable to complete the form or forgot or preferred not to give it to the presenter, s/he was instructed to return the survey by mail, fax, or pony. 367 of 378 teachers (**97.1%**) 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 367 responses.

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| 1. The program holds the interest of the children. | 99.5% |
| 2. The wording on the articles of clothing is appropriate. | 100.0% |
| 3. The Thumbody poster will help remind the children of program goals. | 99.7% |
| 4. The Activity Packet will be a useful and good source of reinforcement. | 99.7% |
| 5. Thumbody pledge cards will help to address responsibility for behavior. | 99.5% |

A few weeks after the presentations were completed, a survey whose purpose was to assess the long-term effects of the program was attached to an e-mail and sent to teachers who participated in the program. We also cc'd the School Counselor on the e-mail. After a dismal return rate, we sent another e-mail to School Counselors suggesting they stress the importance of completing the long-term surveys to the second grade teachers. We then sent paper copies of the surveys to Team Leaders by 'pony' (interoffice school mail) with a self-addressed pony envelope providing an easy way to return them. 245 teachers from 50 schools (**64.7%**) returned the long-term survey. This was a very significant increase over the 156 teachers from 25 schools who returned them last 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 244 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. | 93.5% |
| 3. Students demonstrated a more positive attitude about their own abilities and learned that it's OK to be different. | 97.1% |
| 4. Students understand that their classmates have different abilities. | 99.6% |
| 5. Some students are more responsible and show increased self-control. | 92.6% |
| 6. I'm Thumbody should be continued for Grade 2 students. | 98.0% |
| 7. Making age-appropriate modifications, it would be good to expand the program to other grades. | 97.6% |



Comments from 2016-17 *I'm Thumbody* Short-Term Teacher Surveys

- The presentation was a good review for the students on creating a positive classroom environment.
- Awesome reinforcement of behavior, responsibility and manners.
- I love this presentation! The message is very important.
- Great presentation for the students to learn about positive mental health.
- This program is good. It can help with students' behavior, self-respect and self-esteem.
- I believe the presentation will be beneficial to the students both inside and outside the classroom.
- My students really need programs like this.
- Good strategies for students to have positive mental health.
- Very good!!! Students liked it and learned more about social skills.
- Excellent! This will help my students be more responsible and sensitive to others.
- This is truly needed in our schools in order to teach kids good mental health strategies.
- These activities will be great for embedding with our monthly character traits.
- Thumbody helps children to develop and acquire skills that help with their self-discipline/behavior.
- The program is a great tool for my learners to think positively about themselves.
- The lesson was interesting and informative.
- Outstanding presentation for the children. Reinforced positivity in aspects of life that are relatable.
- Excellent lesson about how to have students appreciate differences.
- A fantastic lesson on how the children need to show positive mental health.
- Amazing program for children's self-confidence.
- This is a great, kid-friendly way to remind students that everyone is different.
- Very interactive lesson with a good message.
- An essential aspect for learning.
- This is a very important lesson that all students should experience.



Comments from 2016-17 *I'm Thumbbody* Long-Term Teacher Surveys

- This is a fantastic program that helped the kids feel good about themselves.
- The program is a good opportunity to focus on social-emotional well-being.
- I feel that mental health is extremely important and should be taught in the schools more often as this would prevent many of the tragic problems we are facing in schools.
- This is a wonderful program that should be expanded. Kids really benefit from reflecting on their feelings.
- Very informative. The kids loved it!
- Students continue to show positive attitude to each other.
- The kids really enjoyed the presentation. They were focused and remembered what was shared.
- Students truly understood the purpose of the presentation.
- My students demonstrated a more positive attitude due to the Thumbbody presentation.
- The presentation was great for teaching students how to communicate their emotions in positive ways.
- Please continue the Thumbbody program because the qualities expressed can only help our students to navigate life.
- The Thumbbody Program has been an excellent reinforcement for reminding students to have positive thoughts about themselves and others.
- The students really enjoyed the program, and I think the positive language and the idea of the students taking care of their own mental health is extremely beneficial.
- Really think this should be done in each elementary grade and reinforced in middle and high school.
- I believe this is a beneficial program for 2nd graders because the students can relate to the activities.

After analyzing collected data, it is clear that teachers think the I'm Thumbbody program is worthwhile and has a positive effect on children who participate. Since the themes of I'm Thumbbody are responsibility, respect, self-control, and tolerance, the program provides a strong reinforcement of the character curriculum mandated by the School Board of Broward County. In addition, these traits and the knowledge of sources of safe help are effective tools in bully prevention. Overall, teachers believe I'm Thumbbody has value and the concepts are useful for participating students.