

2025/2026 STUDENT SURVEY RESULTS

In partnership with Utah Symphony Utah Opera and a dedicated music teacher in Salt Lake City Schools, we surveyed over 100 elementary students about Mindful Music Moments and their connection to music, mindfulness, and calming techniques. Surveys were taken in December 2025 and March 2026 and were provided in both English and Spanish. Sections of questions had a variety of sample sizes ranging from 116-151 individual student responses.



Photo by Kyle Wolffi.

+25%

consistent classroom-wide positive increase in mood.

Despite a significant drop in student mood before listening to Mindful Music Moments from December to March (53.3% to 72.2% negative or neutral emotion), the program maintained ~25% positive-shift that confirms program effectiveness **even during the most challenging months of the school year.**

76%

identify listening to music as a calming strategy.

Despite a rise in reported stressors in March (noise, testing, and social media), 76% of students choose music as their tool for calm, an **8.7% relative increase from December, even outperforming video games (65.7%).** By the end of the year, listening to music is no longer just a classroom exercise, but a **personally essential practice for navigating a high-pressure world.**

+31%

relative increased ability to identify instruments.

By March, 10 additional students (a 6.4-point increase from 20.9% to 27.3%) were able to confidently identify musical instruments, representing a 31% relative increase among all surveyed students, a significant **improvement of critical listening skills.**

+3%

increased ability to identify stress.

Students' ability to identify when their body starts to feel stress **increased from 57.5% to 60%** showing how students don't just passively participate, but are **learning skills of self-awareness and self-management.**

Utah schools have played 8,963 Mindful Music Moments during the 2025/2026 school year as of March 31, **the second highest-using cohort in the country.**

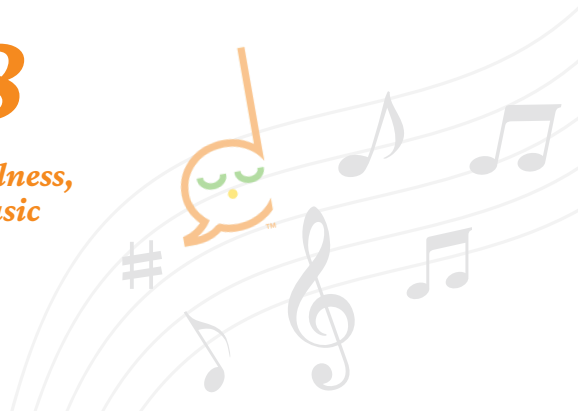
8,963

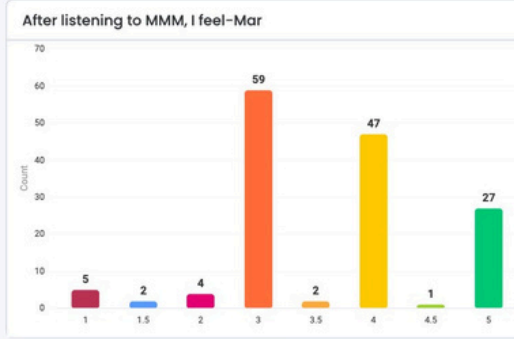
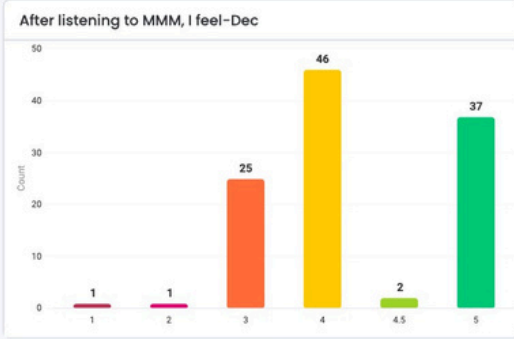
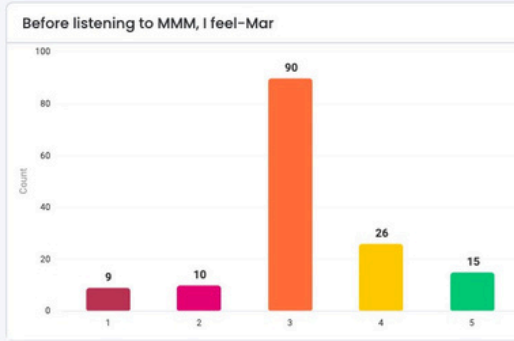
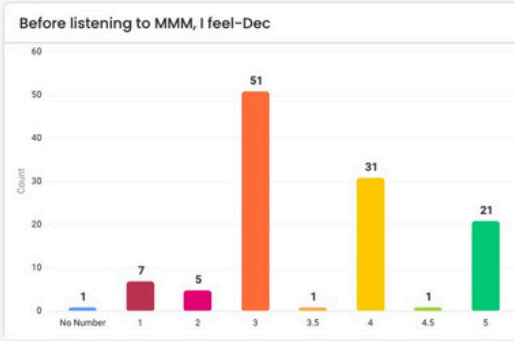
Mindful Music Moments played

=

598

Hours of mindfulness, calm, and music





Before Average-Dec

3.5

After Average-Dec

4.1

Before Average-Mar

3.2

After Average-Mar

3.6

Average difference in response-Dec

+0.42

Average difference in response-Mar

+0.33

Number of students who could name their emotion Before

48

Number of students who could name their emotion Before

58

Number of students who could name their emotion After-

52

Number of students who could name their emotion After-

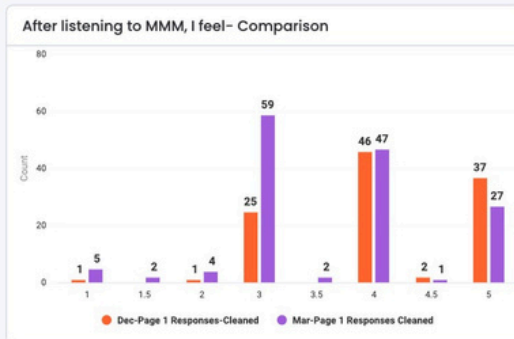
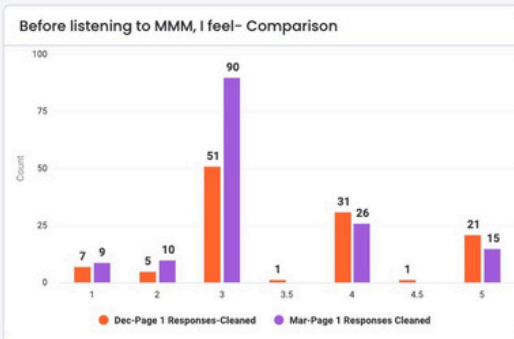
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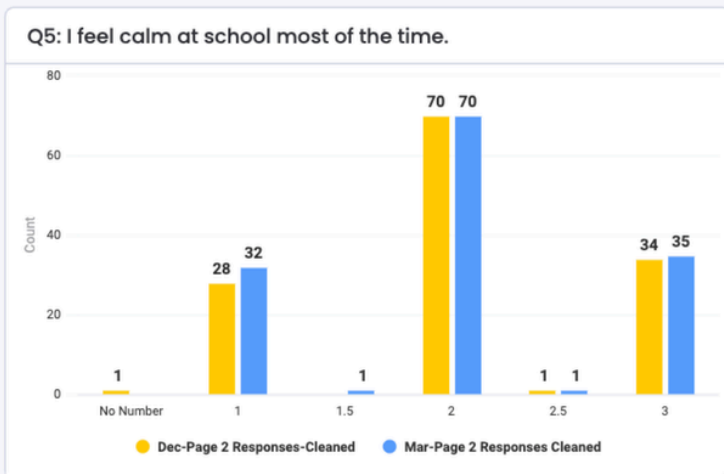
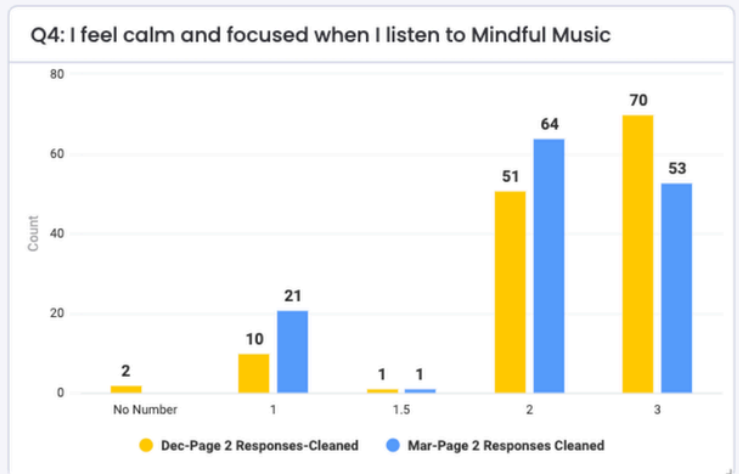
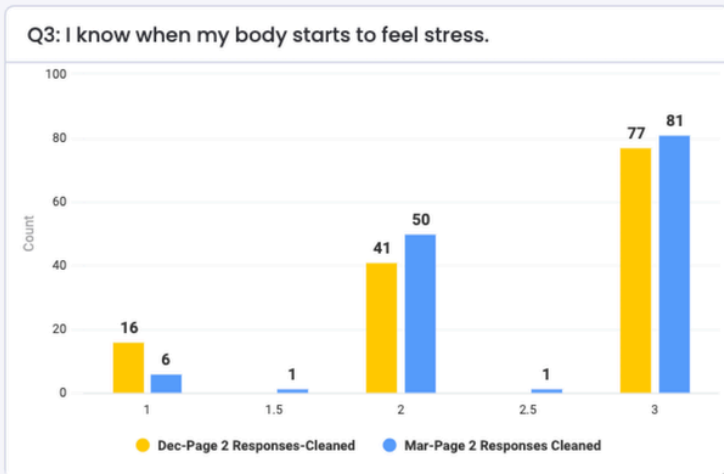
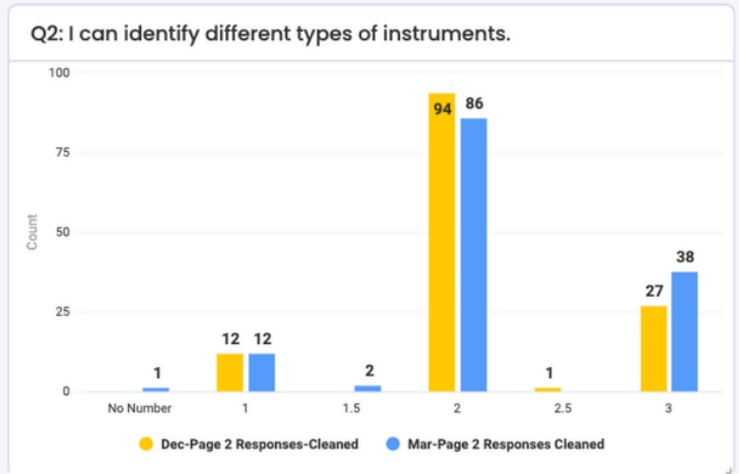
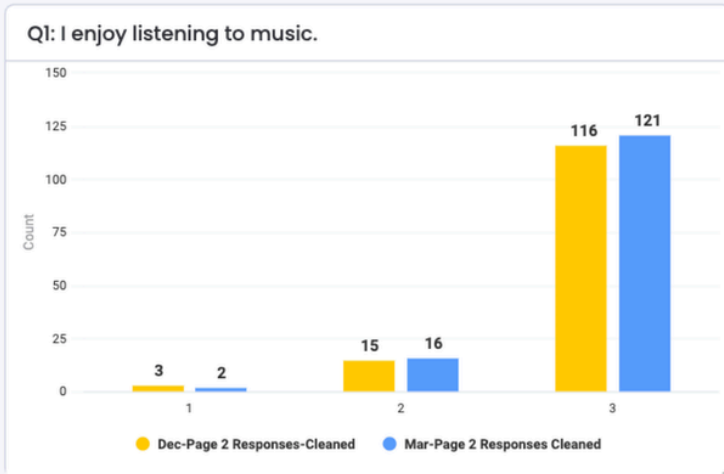
Total Page 1 Responses- Dec

118

Total Page 1 Responses- Mar

151



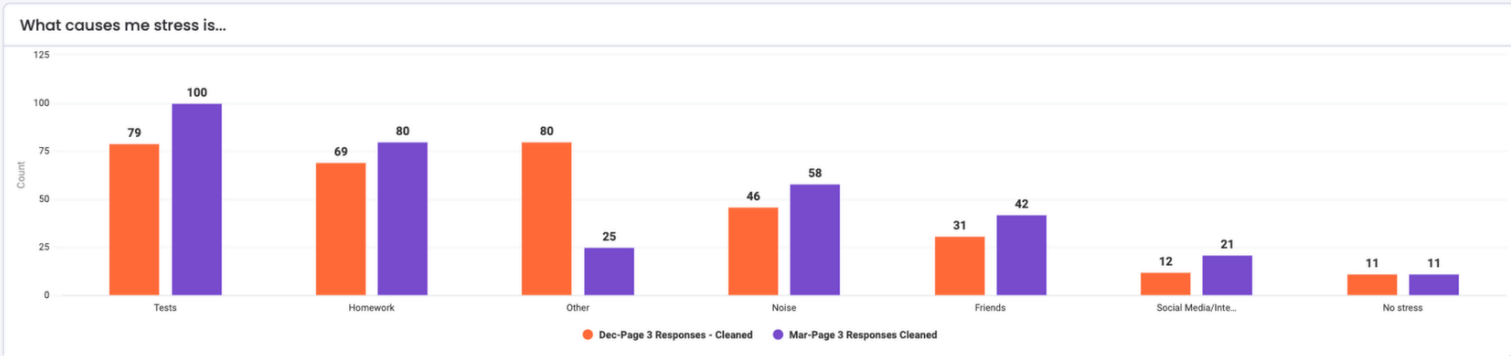


Total Page 2 Responses-Dec

134

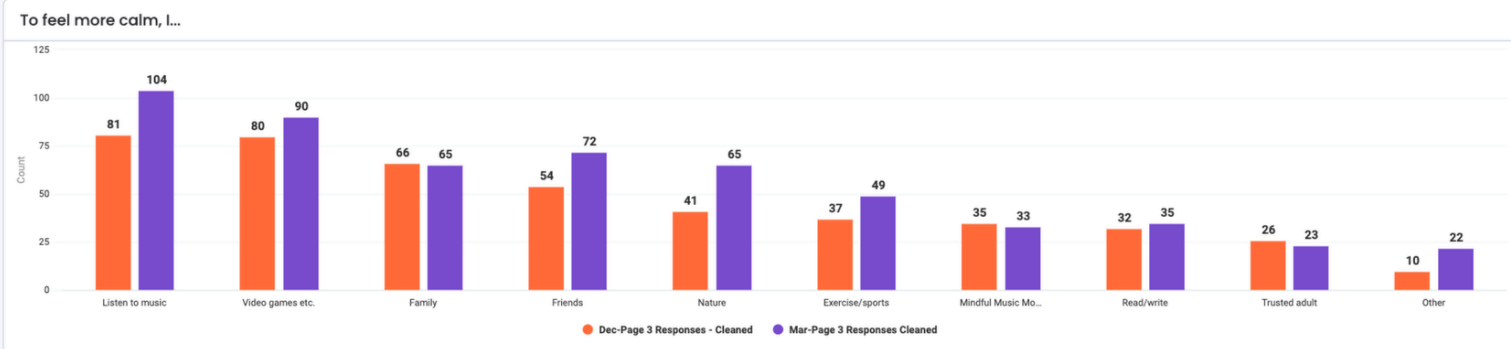
Total Page 2 Responses-Mar

139



Other stress

3-3-1 Causes stress: My sibling	3-3-2 Causes stress: School work	3-3-3 Causes stress: When kids talk then	3-3-5 Causes stress: Yelling	3-3-6 Causes stress: talking about self he	3-3-7 Causes stress: family
3-3-10 Causes stress: people	3-3-11 Causes stress: chores	3-3-15 Causes stress: my brother	3-3-22 Causes stress: school	3-3-25 Causes stress: girls that think they	3-3-26 Causes stress: sometimes everyon
3-3-33	3-3-71	3-3-72	3-3-79	3-3-86	3-3-91



Other calm

3-3-8 Calm Other: make stuff out of p	3-3-14 Calm Other: being alone	3-3-15 Calm Other: sleep	3-3-16 Calm Other: don't think of schoo	3-3-20 Calm Other: sleep	3-3-22 Calm Other: sleep
3-3-25 Calm Other: sleep	3-3-26 Calm Other: be alone in my roo	3-3-32 Calm Other: sleep	3-3-36 Calm Other: sleep	3-3-38 Calm Other: draw	3-3-46 Calm Other: sleep
3-3-55	3-3-70	3-3-71	3-3-72	3-3-86	3-3-96

Total Page 3 Resposnes-Dec

116

Total Page 3 Resposnes-Mar

137

STUDENT SURVEY



Circle or color the emoji the best describes how you feel **before** listening to Mindful Music Moments.



BONUS: Can you name or identify the emotion you are feeling **before** listening?

I feel bored

Circle or color the emoji the best describes how you feel **after** listening to Mindful Music Moments.



BONUS: Can you name or identify the emotion you are feeling **after** listening?

It got my energy working



Mindful Music drawing by Cole, 3rd grade from Nevada.

STUDENT SURVEY

Please read each sentence. Circle or color the emoji that shows how much you agree with what the sentence says.

- Disagree: I totally disagree! This is not like me at all.
- Neutral: I'm not sure if I agree or disagree.
- Agree: I totally agree! This is just like me.

Disagree Neutral Agree

1. I enjoy listening to music.



2. I can identify different types of instruments



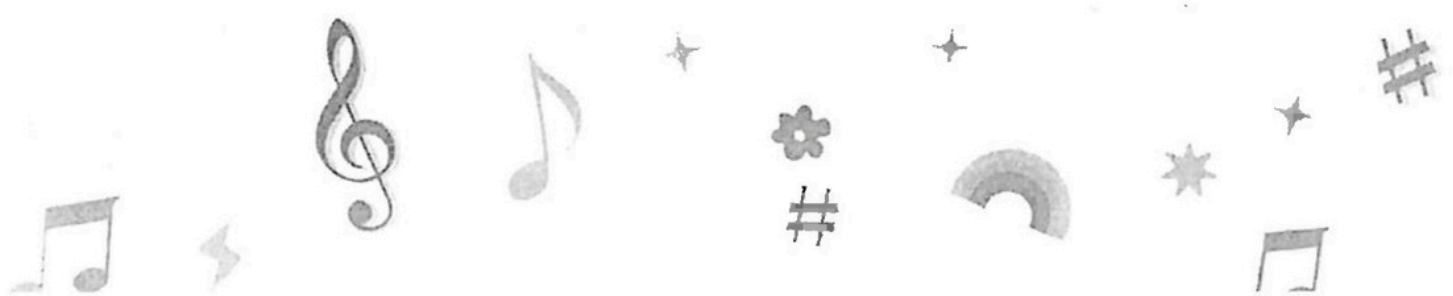
3. I know when my body starts to feel stress.



4. I feel calm and focused when I listen to Mindful Music Moments.



5. I feel calm at school most of the time.





Check all of the boxes that feel true for you.

1 - What causes me stress is...

- Homework
- Tests
- Friends *sometimes*
- Noise
- Social Media/the internet
- Something else: _____
- I don't feel stressed at school

2 - To feel more calm, I...

- Listen to music
- Play video games, watch movies/TV, or spend time on my phone, tablet, or computer
- Spend time with friends
- Spend time with family
- Speaking to a trusted adult
- Spend time outdoors in nature
- Read or write books or journals
- Exercise or play sports
- Listen to Mindful Music Moments

Something else: calling my friend's

