ATTACHMENT F – SCOPE OF WORK-EVALUATION PLAN
*Fiscal Years: 08/01/2020 to 06/30/2023*

Program Title: Growing Up Mindful
Result Area: Healthy Children and Families

**Objective: 1** Develop and provide weekly year-round yoga and mindfulness programming available in person and/or virtually, targeting children 0-5 and their caregivers in conjunction with Sutter County Library and Sutter County Children & Families Commission. Facilitate consistent interactive lessons in mindfulness through play-based yoga, activities, crafts, dance, and books.

| Activities to Accomplish Objective | Assigned Staff | Performance Measure or Tracking *Include Assessment Tool* | Annual Target *(Unduplicated Count)* |
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| **Activity 1.1** | | | |
| Mindful Mentor & Me Monday, all materials and tools provided to families for use. Available to three Sutter County library locations, scheduled with library organizers to best suit their needs. | Sumiko Sprague | Participant questionnaire digitally through Survey Monkey, and in-person with paper questionnaire. Physical count of total attendees at each class utilizing a sign-in sheet.<br>Utilize Ages and Stages Questionnaire: Social-Emotional-2 (ASQ:SE-2) - A set of questionnaires designed to measure a child's social-emotional development from 6 months to 72 months in key areas, such as self-regulation, social-communication, autonomy, compliance, adaptive functioning, affect, and interaction with people.<br>. | 50 families |

Q1
As of 10/14/2020 digital surveys have returned 2 responses. While not as thorough response as what normally occurs during live classes, responses were overwhelmingly positive. Classes were rated excellent and very good, with one participant noting "The videos have proven to be an excellent tool for giving my children an opportunity to take a break and reset. This has been especially helpful during the period of distant learning during the pandemic." Responses also show the videos were easily accessible, and a reasonable length. Participants also are given the opportunity to reach out for more personalized parenting strategies by submitting information for Sutter County Children and Families Commission, and also going further into development questions and guidelines through the Ages and Stages questionnaires. At the time of reporting no families have requested further information, though the opportunity to contact is still available for future requests.
Total views are unknown at this time, as videos were shared over multiple mediums with varying degrees of tracking ability. Out of FaceBook, Google Drive,

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| and YouTube FaceBook shows the most consistent interaction and views between 19 and 45 views and engagements per video; evidence showing that as videos remain available, users are engaging beyond the presentation week.<br>During this time, a major learning curve to create quality but engaging digital content for children was an unexpected chance to not only continue with the existing audience, but expand to other families that normally cannot attend in-person meetups. When a class is based on active conversation, physical interaction, movement, emotional recognition, and social awareness, translating the experience into a digital format is a personal and professional trial that continues to be built upon as we all navigate the needs of the community.<br>Filming at home while sheltering in place with three children has had its moments of frustration, as many parents have found while working from home, though lending a genuine humility and connection of empathy. I am thankful that we live in an urban environment with the luxury of high speed internet and consistent connectivity while learning to film, edit, and upload videos. Procuring helpful editing software, upgrading computer and electronic equipment, while also creating a new household routine made this now family endeavor a success. |
| Q2 |
| Q3 |

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**Objective 2:** Develop and provide weekly evening transitional yoga and mindfulness programming targeting children 0-5 and their families utilizing the seasonal REST program. Facilitate consistent interactive lessons in mindfulness through play-based yoga, activities, crafts, dance, meditation, and books.

| Activities to Accomplish Objective | Assigned Staff | Performance Measure or Tracking<br>*Include Assessment Tool* | Annual Target<br>*(Unduplicated Count)* |
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**Activity 2.1**

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| Weekly Evening Transitional Yoga class to a varying number of children and families, on location as determined by the REST organizers. Estimated class total is 18 but subject to change. | Sumiko Sprague | Feedback from staff. Physical count of family members attending the Evening Transitional Yoga sessions recorded at each visit. Guest names kept anonymous.<br>Utilize Ages and Stages Questionnaire: Social-Emotional-2 (ASQ:SE-2) - A set of questionnaires designed to measure a child's social-emotional development from 6 months to 72 months in key areas, such as self-regulation, social-communication, autonomy, compliance, adaptive functioning, affect, and interaction with people. | 20 |
| Q1 Currently no reporting available, classes have not yet begun, | | | |
| Q2 | | | |
| Q3 | | | |
| Q4 | | | |