

## Promoting Better Learning at School Project

Hello, my name is [teacher]. If you have any questions about what I am telling you, you can ask me at any time. I want to tell you about a study we are doing. In this study, we want to find out more about how to create a calm learning environment and increase your ability to learn.

You are being asked to be in this study because you are in a classroom at our middle school and your parents or the people taking care of you say it's okay for you to participate in this study, but you do not have to be in it if you don't want to. If you have questions for me or them, you can ask them now or later.

In the study, you, and the other children in our classroom that participate in this study will be guided by me to think about something that is troubling you, making you afraid, angry, or sad. You will not be asked to talk about your problem. While you are thinking about this problem, you will be guided to tap on certain relaxation points on your face and hands. If you have questions for me or them, you can ask them now or later.

You will also be asked by a university student three times during the semester to look at some questions on a tablet and give your answers. No one else will be with you when you answer the questions electronically on the tablet. As you answer the questions one by one that will be sent electronically to a man in Mexico City who will not know your name. He will only have a number. The university student, your teachers, your parents, no one, will know your questions or your answers to them.

If you start the study but get tired or don't want to be in the study anymore, just let me know. If you want to stop at any time, just tell me and we will stop. You do not have to be in this study. It is totally up to you. You can say yes now and still change your mind later. All you have to do is tell me. No one will be mad at you if you say no now or change your mind.

Do you understand what I'm saying? Yes No

Are you willing to help us see that tapping on your face and body while thinking about something that troubles you, will make it easier for you to learn at school? Yes No

\_\_\_\_\_  
Child's/Participant's Name (printed)

\_\_\_\_\_  
Child's signature

\_\_\_\_\_  
Date