



Connect Calm Safe

MeMoves™ Reduced Off Task Behavior 58% in St. Paul Schools

St. Paul Schools measured MeMoves™ efficacy in reducing off task behavior in the spring of 2017. Prevent staff, school counselors and school social workers observed students in eight classrooms, four in each of two schools. The classrooms consisted of three level 1 Montessori rooms (grades 1-3), three first grade, one second grade and one fifth grade. Observers catalogued each incident, which included the following behaviors: Not following instructions, distracting others, talking out of turn, inappropriately out of seat or area, and shut down or disengaged.

Observations were completed the week before MeMoves™ was introduced to the classrooms, and after it was introduced at weeks one, three and five. Each observation lasted 30 minutes and was done for three days a week. The eight participating teachers all reported that they used the MeMoves™ program with fidelity - using two video sequences at a time, and playing the videos twice during each school day at a transition time.

The results were statistically significant. **The results were statistically significant. Using MeMoves™ reduced off task behavior by an average of 58% in 8 classrooms.**

Supporting Research:

Melinda Radcliff, an Early Childhood Specialist with Alton School District in Missouri, measured a 71% reduction in off-task behavior for her graduate thesis. She used MeMoves™ 4 minutes per day in her mixed/ASD prek/K classroom, collecting data over 4 weeks.

