

## MeMoves Reduced Off-Task Behavior In Wayzata, MN Elementary Schools By 80%

Wayzata School District is an award-winning district encompassing multiple communities in the western suburbs of Minneapolis. Recently named the #1 school district in MN by Niche (<https://www.niche.com/k12/search/best-school-districts/s/minnesota/>), Wayzata school district educates 5,029 elementary ages students, and utilizes 8 elementary schools and 1 early learning center.

### Study Objective and Design

The objective was to evaluate the effectiveness of MeMoves and MoreMeMoves in reducing off-task behavior in elementary, neuro-typical classrooms. The study design was a “pre-post” design, measuring five metrics: Not following directions, distracting behavior, talking out of turn/interrupting, moving out of seat and being disengaged. Pre-treatment data was collected for one week (Feb 2018), with post-treatment data collected in weeks 1, 3 and 5 and 13.

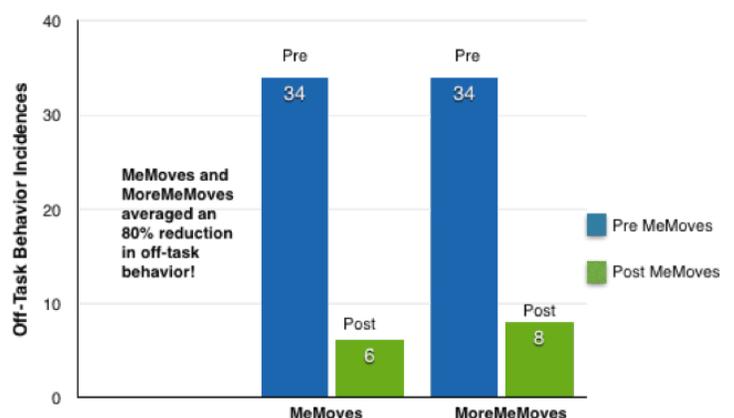
Data was collected in four schools using grades prek – 4. One of the four schools was not exposed to MeMoves/MoreMeMoves and was used as a control population.

### Results:

MeMoves = 81% reduction in all off task behaviors

MoreMeMoves = 78% reduction in all off task behaviors

MeMoves at Wayzata Schools - Reduction in Off-Task Behavior



Data and results from this research were presented by Dr. Stacey Lacker (Director of Research and Evaluation, Wayzata Public Schools) and Dr. Kieron Dey at the Minnesota School Psychologist Conference on January 24, 2019.



Connect Calm Safe

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

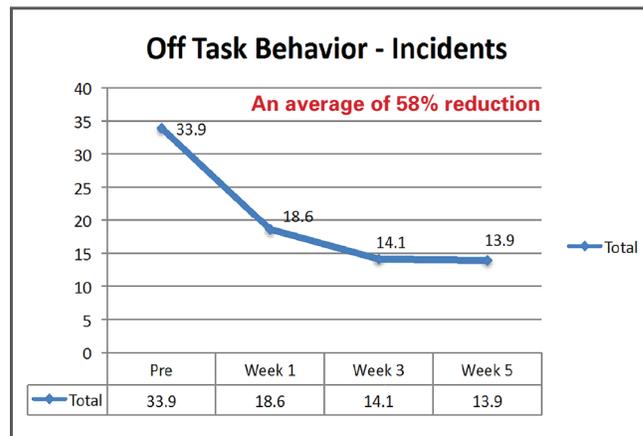
St. Paul Schools measured MeMoves™ efficacy in reducing off task behavior in the spring of 2017. Prevent staff, school counselors and school social workers observed students in eight classrooms, four in each of two schools. The classrooms consisted of three level 1 Montessori rooms (grades 1-3), three 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.





# MeMoves™ Reduced Off Task Behavior 48% in NYC Schools

New York City Public Schools studied the impact of MeMoves™ in reducing off task behavior in the classroom during the summer session of 2017. MeMoves™ was used in two schools and two classrooms. The classrooms consisted of children in grades 4 and 5; and grades 6, 7, and 8. The two classrooms were special needs students with autism and intellectually disturbed.

Observations were completed the week before MeMoves™ was introduced to the classroom and after it was introduced over a period of 3 weeks. After implementation observations were documented by individual student 30 minutes prior to use of MeMoves™ and 30 minutes after use. The two classrooms reported using the program consistently over the period of time.

The results were statistically significant. Using MeMoves™ reduced off task behavior by an average of 48% in the two classrooms. This includes statistically significant results for the following specific behaviors: Not following instructions < 0.0001, talking out of turn/outbursts <0.0001, and reduction of distracting behavior 0.0013.

The impact of MeMoves™ is immediate and sustained, there is not any sign of diminishing effect over time. MeMoves™ has the same impact regardless of day of the week.

