

Social Emotional Health Module

SUPPLEMENT 1

Please tell us how true each statement is of you ...

	Not At All True of Me	A Little True of Me	Pretty Much True of Me	Very Much True of Me
W1. I can work out my problems.	A	B	C	D
W2. I can do most things if I try.	A	B	C	D
W3. There are many things that I do well.	A	B	C	D
W4. There is a purpose to my life.	A	B	C	D
W5. I understand my moods and feelings.	A	B	C	D
W6. I understand why I do what I do.	A	B	C	D
W7. When I do not understand something, I ask the teacher again and again until I understand.	A	B	C	D
W8. I try to answer all the questions asked in class.	A	B	C	D
W9. When I try to solve a math problem, I will not stop until I find a final solution.	A	B	C	D
W10. I accept responsibility for my actions.	A	B	C	D
W11. When I make a mistake I admit it.	A	B	C	D
W12. I can deal with being told no.	A	B	C	D
W13. I feel bad when someone gets their feelings hurt.	A	B	C	D
W14. I try to understand what other people go through.	A	B	C	D
W15. I try to understand how other people feel and think.	A	B	C	D
W16. I can wait for what I want.	A	B	C	D
W17. I don't bother others when they are busy.	A	B	C	D
W18. I think before I act.	A	B	C	D
W19. Each day I look forward to having a lot of fun.	A	B	C	D
W20. I usually expect to have a good day.	A	B	C	D
W21. Overall, I expect more good things to happen to me than bad things.	A	B	C	D

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How true do you feel these statements are about your family and friends?

		<u>Not At All True</u>	<u>A Little True</u>	<u>Pretty Much True</u>	<u>Very Much True</u>
W22.	My family members really help and support one another.	A	B	C	D
W23.	There is a feeling of togetherness in my family.	A	B	C	D
W24.	My family really gets along well with each other.	A	B	C	D
W25.	I have a friend my age who really cares about me.	A	B	C	D
W26.	I have a friend my age who talks with me about my problems.	A	B	C	D
W27.	I have a friend my age who helps me when I'm having a hard time.	A	B	C	D

Please tell us how strongly you feel the following emotion ...

		<u>Not At All</u>	<u>A Little</u>	<u>Somewhat</u>	<u>Quite A Lot</u>	<u>Extremely</u>
W28.	Since yesterday, how much have you felt GRATEFUL?	A	B	C	D	E
W29.	Since yesterday, how much have you felt THANKFUL?	A	B	C	D	E
W30.	Since yesterday, how much have you felt APPRECIATIVE?	A	B	C	D	E

How do you feel right now?

		<u>Not At All</u>	<u>A Little</u>	<u>Somewhat</u>	<u>Quite A Lot</u>	<u>Extremely</u>
W31.	How much do you feel ENERGETIC right now?	A	B	C	D	E
W32.	How much do you feel ACTIVE right now?	A	B	C	D	E
W33.	How much do you feel LIVELY right now?	A	B	C	D	E