

## Social Emotional Health Module

### SUPPLEMENT 1

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

|   | <u>Not At All<br/>True of Me</u> | <u>A Little<br/>True of Me</u> | <u>Pretty Much<br/>True of Me</u> | <u>Very Much<br/>True of Me</u> |
|---|----------------------------------|--------------------------------|-----------------------------------|---------------------------------|
| 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. My intelligence is something I cannot change very much.                                   | A                                | B                              | C                                 | D                               |
| W6. I understand my moods and feelings.   | A                                | B                              | C                                 | D                               |
| W7. I understand why I do what I do.  | A                                | B                              | C                                 | D                               |
| W8. I enjoy working together with other students on class activities.                         | A                                | B                              | C                                 | D                               |
| W9. When I do not understand something, I ask the teacher again and again until I understand. | A                                | B                              | C                                 | D                               |
| W10. I try to answer all the questions asked in class.  | A                                | B                              | C                                 | D                               |
| W11. When I try to solve a math problem, I will not stop until I find a final solution.       | A                                | B                              | C                                 | D                               |
| W12. I accept responsibility for my actions.  | A                                | B                              | C                                 | D                               |
| W13. I am looking forward to a successful career.   | A                                | B                              | C                                 | D                               |
| W14. When I make a mistake I admit it.  | A                                | B                              | C                                 | D                               |
| W15. I can deal with being told no.   | A                                | B                              | C                                 | D                               |
| W16. I feel bad when someone gets their feelings hurt.  | A                                | B                              | C                                 | D                               |
| W17. When I need help I find someone to talk with.  | A                                | B                              | C                                 | D                               |
| W18. I try to understand what other people go through.  | A                                | B                              | C                                 | D                               |
| W19. I have high goals and expectations for myself.   | A                                | B                              | C                                 | D                               |
| W20. I try to understand how other people feel and think.                                     | A                                | B                              | C                                 | D                               |
| W21. I can wait for what I want.  | A                                | B                              | C                                 | D                               |
| W22. Challenging myself will not make me any smarter.   | A                                | B                              | C                                 | D                               |
| W23. I don't bother others when they are busy.  | A                                | B                              | C                                 | D                               |
| W24. I think before I act.  | A                                | B                              | C                                 | D                               |
| W25. Each day I look forward to having a lot of fun.  | A                                | B                              | C                                 | D                               |
| W26. When I work in school groups, I do my fair share.  | A                                | B                              | C                                 | D                               |
| W27. I usually expect to have a good day.   | A                                | B                              | C                                 | D                               |
| W28. Overall, I expect more good things to happen to me than bad things.                      | A                                | B                              | C                                 | D                               |

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|--|----------------------------------|--------------------------------|-----------------------------------|---------------------------------|
| W29. I try to work out my problems by talking or writing about them.       | A                                | B                              | C                                 | D                               |
| W30. There are some things I am not capable of learning.                   | A                                | B                              | C                                 | D                               |
| W31. I like to listen to other students' ideas in class.                   | A                                | B                              | C                                 | D                               |
| W32. I don't expect very much of myself in the future.                     | A                                |                                | C                                 | D                               |
| W33. I trust my ability to solve difficult problems.                       | A                                | B                              | C                                 | D                               |
| W34. If I am not naturally smart in a subject, I will never do well in it. | A                                | B                              | C                                 | D                               |

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

|   | <u>Not At All<br/>True</u> | <u>A Little<br/>True</u> | <u>Pretty Much<br/>True</u> | <u>Very Much<br/>True</u> |
|---|----------------------------|--------------------------|-----------------------------|---------------------------|
| W35. My family members really help and support one another.           | A                          | B                        | C                           | D                         |
| W36. There is a feeling of togetherness in my family.                 |                            | B                        | C                           | D                         |
| W37. My family really gets along well with each other.                | A                          | B                        | C                           | D                         |
| W38. I have a friend my age who really cares about me.                | A                          | B                        | C                           | D                         |
| W39. I have a friend my age who talks with me about my problems.      | A                          | B                        | C                           | D                         |
| W40. 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<br/>A Lot</u> | <u>Extremely</u> |
|--|-------------------|-----------------|-----------------|------------------------|------------------|
| W41. Since yesterday, how much have you felt GRATEFUL?     | A                 | B               | C               | D                      | E                |
| W42. Since yesterday, how much have you felt THANKFUL?     | A                 | B               | C               | D                      | E                |
| W43. Since yesterday, how much have you felt APPRECIATIVE? | A                 | B               | C               | D                      | E                |

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*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> |
|---|-------------------|-----------------|-----------------|--------------------|------------------|
| W44. How much do you feel <b>ENERGETIC</b> right now? | A                 | B               | C               | D                  | E                |
| W45. How much do you feel <b>ACTIVE</b> right now?    | A                 | B               | C               | D                  | E                |
| W46. How much do you feel <b>LIVELY</b> right now?    | A                 | B               | C               | D                  | E                |

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