

How was school for you today? You can think about the whole day, or a specific group work activity.

Please check only one item in each category.

DIGNITY

- ☐ I had strong, good feelings about myself.
- ☐ I felt fairly positive and secure.
- ☐ I am unsure how I felt.
- ☐ I didn't feel very good about myself.
- ☐ I thought I wasn't good, bad, or weak.

ENERGY

- ☐ I was active and energetic all the time.
- ☐ I was active and energetic most of the time.
- ☐ I am unsure how I felt.
- ☐ I did not put much energy into my work.
- ☐ I felt inactive and low, or anxious and stressed.

SELF-MANAGEMENT

- ☐ I made many choices, managed myself, always felt self-responsible.
- ☐ I was rather self-managing, somewhat self-responsible.
- ☐ I am unsure how I felt.
- ☐ I drifted along, not using much of my own power.
- ☐ I was controlled or bossed by others, not at all self-responsible.

COMMUNITY

- ☐ I felt that I was a part of the group and wanted to help others.
- ☐ I had generally positive feelings about others.
- ☐ I am unsure how I felt.
- ☐ I did not feel fully accepted by others and didn't want to help them.
- ☐ I felt only selfishness and rejection from others.

AWARENESS

- ☐ I was aware and alert all the time.
- ☐ I was aware and alert most of the time.
- ☐ I am unsure how I felt.
- ☐ I often was unresponsive or bored.
- ☐ I paid little attention. I was not alert. I was bored.