

## **SMART Moves: Emotional Wellness Follow-Up Survey – Grades 3-5 and 6-8**

Thank you very much for taking this survey today! Your opinion is important to us and we appreciate your time.

This survey is designed to find out about you, your opinions and your experiences. Your answers will help make the Boys & Girls Clubs and Military Youth Centers more interesting and enjoyable for you and others like you, so please answer honestly.

You can answer honestly because your survey won't have your name on it, and nobody seeing the survey will know your name. This means your answers will never be shared with your family, friends or anyone in your Club or Youth Center. Your answers will be kept confidential and used to better understand Boys & Girls Clubs, Military Youth Centers and their members.

### **Instructions:**

1. This is not a test. There are no right or wrong answers.
2. If you don't find the answer that fits exactly, use the answer that comes closest.
3. If you need help with a question, raise your hand and quietly ask the staff member helping you today so that you don't disturb others around you.
4. If any question makes you feel uncomfortable, you don't have to answer it. Just skip it and go to the next question.
5. Your participation is voluntary and will not affect your membership in the Club or Youth Center. Remember, there are no right or wrong answers – only your opinion and your experiences.

Thanks again for your time.

[Unique Identifier]

[Club Site]

[Date]

**For each of the following statements, please tell us how easy or difficult these behaviors are for you:**

Knowing the emotions I feel.	Very Difficult	Difficult	Easy	Very Easy
Understanding how my feelings influence how I act.	Very Difficult	Difficult	Easy	Very Easy
Staying calm when I feel stressed.	Very Difficult	Difficult	Easy	Very Easy
Getting through something even when I feel frustrated.	Very Difficult	Difficult	Easy	Very Easy
Controlling my temper when I am upset.	Very Difficult	Difficult	Easy	Very Easy
Thinking carefully about what I say before I speak.	Very Difficult	Difficult	Easy	Very Easy
Knowing ways I can calm myself down.	Very Difficult	Difficult	Easy	Very Easy
Using coping strategies to help me feel better when I feel stressed or worried.	Very Difficult	Difficult	Easy	Very Easy

**How much do you agree or disagree with the following?**

I can describe my feelings.	Strongly Disagree	Disagree	Agree	Strongly Agree
I understand how my emotions affect others.	Strongly Disagree	Disagree	Agree	Strongly Agree
I care what happens to other people.	Strongly Disagree	Disagree	Agree	Strongly Agree
I understand how other people feel.	Strongly Disagree	Disagree	Agree	Strongly Agree
I consider other people's feelings.	Strongly Disagree	Disagree	Agree	Strongly Agree
I show appreciation to others.	Strongly Disagree	Disagree	Agree	Strongly Agree
I think before I act.	Strongly Disagree	Disagree	Agree	Strongly Agree
I work well with others.	Strongly Disagree	Disagree	Agree	Strongly Agree

What are some things you do when you are feeling stressed, sad or mad?

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