

## SMART Moves: Emotional Wellness Reflection 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.

This survey first asks you to tell us how you felt at the **BEGINNING** of SMART Moves: Emotional Wellness and then it asks you how you are feeling **RIGHT NOW** at the end of SMART Moves: Emotional Wellness. This is called reflection.

How You Felt at the BEGINNING of the Program			Please mark an X for how you felt at the START and how you feel TODAY			How You Feel RIGHT NOW			
Strongly Agree	Disagree	Strongly Disagree	For each of the following statements, choose the answer that best describes you	Strongly Agree	Disagree	Strongly Disagree	Strongly Agree	Disagree	Strongly Disagree
			Knowing the emotions I feel						
			Understanding how my feelings influence how I act						
			Staying calm when I feel stressed						
			Getting through something even when I feel frustrated						
			Controlling my temper when I am upset						
			Thinking carefully about what I say before I speak						
			Knowing ways I can calm myself down						
			Using coping strategies to help me feel better when I feel stressed or worried						
Strongly Agree	Disagree	Strongly Disagree	How much do you agree or disagree with the following?	Strongly Agree	Disagree	Strongly Disagree	Strongly Agree	Disagree	Strongly Disagree
			I can describe my feelings						
			I understand how my emotions affect others						
			I care what happens to other people						
			I understand how other people feel						
			I consider other people's feelings						
			I show appreciation to others						
			I think before I act						
			I work well with others						