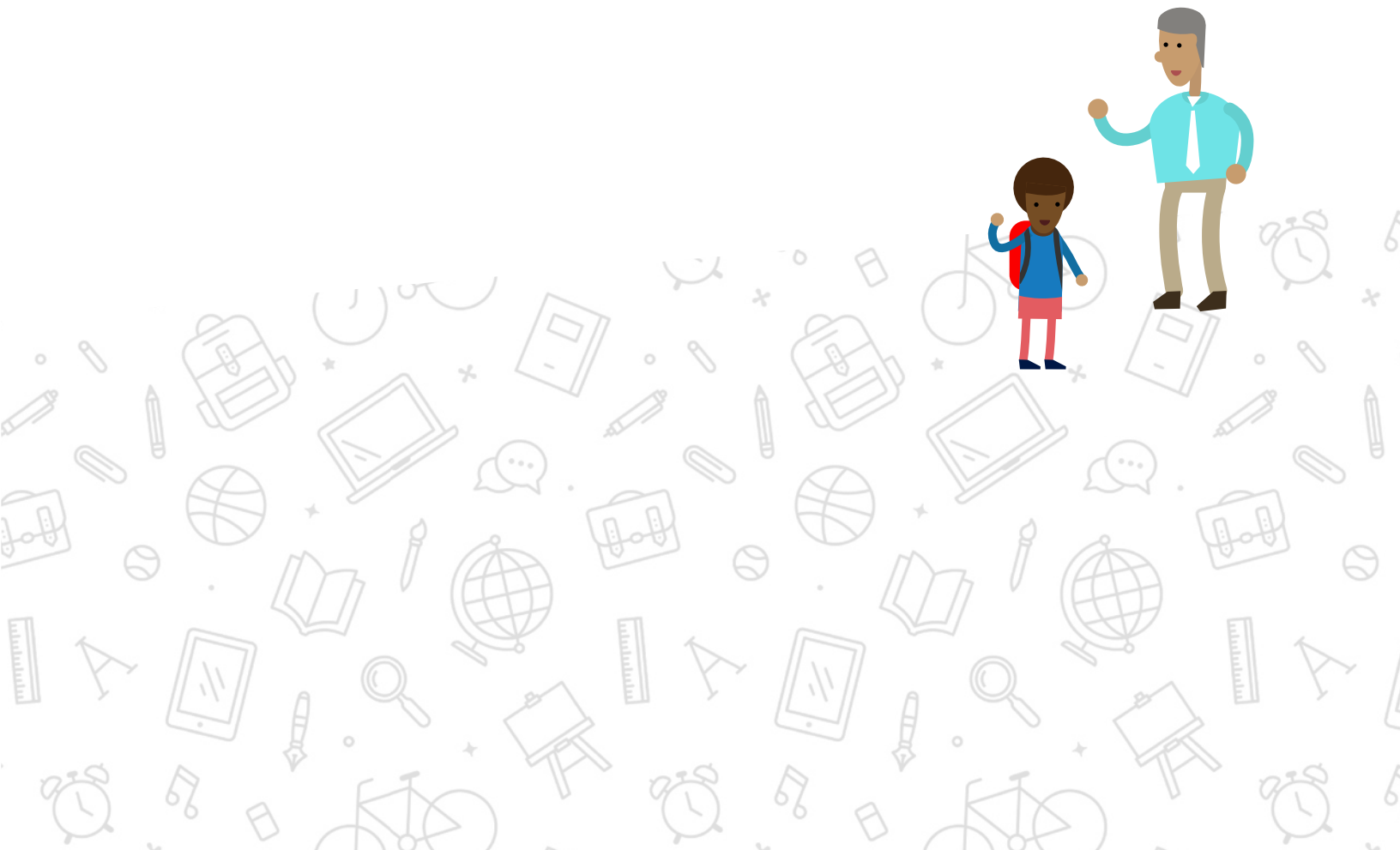


# Appendix:

## Pre/post Surveys and Handouts

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# ACTIVITY 1: LIFE SKILLS

Name: \_\_\_\_\_

## INSTRUCTIONS:

Below is a list of words related to social, emotional, and academic learning. Put a plus (+) sign next to the words that are most important to you. Put a minus (-) sign next to the words that sound negative or not important to you. Put a question mark (?) next to the words that sound confusing.



- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Adaptability             | <input type="checkbox"/> Focus                        | <input type="checkbox"/> Relationship Skills         |
| <input type="checkbox"/> Attention                | <input type="checkbox"/> Goal-setting                 | <input type="checkbox"/> Resilience                  |
| <input type="checkbox"/> Caring                   | <input type="checkbox"/> Gratitude                    | <input type="checkbox"/> Respect                     |
| <input type="checkbox"/> Communicating            | <input type="checkbox"/> Grit                         | <input type="checkbox"/> Responsible Decision-making |
| <input type="checkbox"/> Compassion               | <input type="checkbox"/> Growth Mindsets              | <input type="checkbox"/> Self-awareness              |
| <input type="checkbox"/> Competence               | <input type="checkbox"/> Independence                 | <input type="checkbox"/> Self-control                |
| <input type="checkbox"/> Confidence               | <input type="checkbox"/> Kindness                     | <input type="checkbox"/> Self-directed               |
| <input type="checkbox"/> Conflict Resolution      | <input type="checkbox"/> Learning from Mistakes       | <input type="checkbox"/> Self-esteem                 |
| <input type="checkbox"/> Connecting               | <input type="checkbox"/> Love of Learning             | <input type="checkbox"/> Self-management             |
| <input type="checkbox"/> Courage                  | <input type="checkbox"/> Making Connections           | <input type="checkbox"/> Self-motivation             |
| <input type="checkbox"/> Creative Problem-solving | <input type="checkbox"/> Managing Emotions & Behavior | <input type="checkbox"/> Self-regulation             |
| <input type="checkbox"/> Critical Thinking        | <input type="checkbox"/> Mindfulness                  | <input type="checkbox"/> Social Skills               |
| <input type="checkbox"/> Curiosity                | <input type="checkbox"/> Optimism                     | <input type="checkbox"/> Taking on Challenges        |
| <input type="checkbox"/> Dedication               | <input type="checkbox"/> Perseverance                 | <input type="checkbox"/> Teamwork                    |
| <input type="checkbox"/> Empathy                  | <input type="checkbox"/> Persistence                  | <input type="checkbox"/> Tolerance                   |
| <input type="checkbox"/> Flexibility              | <input type="checkbox"/> Problem-solving              | <input type="checkbox"/> Zest                        |

## ACTIVITY 2: LEARNING SCENARIOS

Name: \_\_\_\_\_

### INSTRUCTIONS:

Read through the examples for developing life skills below.

In the box, put a checkmark (✓) next to the model(s) you would like for your child.

Put an **X** next to the model(s) you would **not** like for your child.

Put a star (★) next to the model that you would be most excited about for your child.



**“Playworks”** is a program in schools and afterschool programs where kids have designated time for recess and play-based lessons that bring out the best in every kid. Outcomes include readiness for class and decreased bullying. (NATIONWIDE)

**“MAPS” class** (MAPS= Methods for Academic and Personal Success) is semester-long class that helps students learn to organize their time, manage emotions and navigate transitions to middle or high school. (AUSTIN, TX)

**“Parents and Children Making Connections-Attention”** (PCMC-A) is a program for parents and their children. While parents learn about stress-reduction and wellness, children learn to improve attention and self-regulation. Outcomes include positive measures of children’s brain function related to attention. (OREGON)

**Planning Centers** are located in all schools. The Planning Center is a proactive setting designed to help students problem solve, develop appropriate school and classroom behaviors and reduce the need for classroom removal. Remedial supports for academics are also available. (CLEVELAND, OH)

**Learning Hub schools** are designated within the school district to make social, emotional and cognitive learning a priority in their school. In each Learning Hub school, there are lessons and activities that reinforce these skills across academic and elective classes throughout the school day. (OAKLAND, CA)

**Add local program description here:**

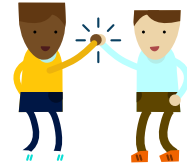
# ACTIVITY 3: DEVELOPING LIFE SKILLS

Name: \_\_\_\_\_

## INSTRUCTIONS:

Read through the examples of behaviors below.

Put a star (★) next to the examples that are most important for you to see in your child. Add any that are missing.



- \_\_\_ Treat others with respect & understanding.
- \_\_\_ Keep growing — intellectually, emotionally and socially.
- \_\_\_ Speak up for yourself.
- \_\_\_ Respect other people and cultures.
- \_\_\_ Take responsibility for your thoughts and actions.
- \_\_\_ Follow through on personal interests, goals and passions.
- \_\_\_ Show critical thinking and problem solving.
- \_\_\_ Show creative thinking.
- \_\_\_ Show independence (in age-appropriate ways).
- \_\_\_ Give back to others in the community.
- \_\_\_ Work hard, keep on task, and stay motivated.

## Additional ideas:

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# Adaptability



# Attention



# Caring



# Communicating





# Compassion



# Competence



# Confidence



# **Conflict Resolution**



# Connecting



# Courage



# **Creative Problem-solving**



# Critical Thinking





# Curiosity



# Dedication



# Empathy



# Flexibility



# Focus



# Goal Setting



# Gratitude



# Grit





# **Growth Mindsets**



# Independence



# Kindness




# Learning from Mistakes



# Love of Learning



# Making Connections



# **Managing Emotions & Behavior**



# Mindfulness





# Optimism



# Perseverance



# Persistence



# Problem-solving




# Relationship Skills



# Resilience



# Respect



# Responsible Decision-making





# Self-awareness



# Self-control



# Self-directed



# Self-esteem



# Self-management



# Self-motivation



# Self-regulation



# Social Skills





# Taking on Challenges



# Teamwork



# Tolerance



**Zest**