

NAME: \_\_\_\_\_

GRADE/TEACHER: \_\_\_\_\_

PRE-SURVEY DATE:	Strongly Agree	Agree	Disagree	Strongly Disagree
I am able to identify a range of emotions.				
I am able to read my own body's cues to determine emotions that I am experiencing.				
I understand how my behavior affects how other people feel about me.				
I am able to identify triggers that influence my behaviors.				
I use tools to regulate myself when I am experiencing intense emotions.				
I know how to problem solve desirable solutions to problems I encounter.				
POST SURVEY DATE:	Strongly Agree	Agree	Disagree	Strongly Disagree
I am able to identify a range of emotions.				
I am able to read my own body's cues to determine emotions that I am experiencing.				
I understand how my behavior affects how other people feel about me.				
I am able to identify triggers that influence my behaviors.				
I use tools to regulate myself when I am experiencing intense emotions.				
I know how to problem solve desirable solutions to problems I encounter.				