

Appendix:

Pre/post Surveys and Handouts



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:



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