

Coping Skills Pre/Post Test

* Required

1. Name (First, Last) *

2. Grade *

Mark only one oval.

4th

5th

3. 1. I believe strong emotions can affect my actions. *

Mark only one oval.

Yes

No

Unsure

Section 2

4. 2. I believe I can manage my strong emotions. *

Mark only one oval.

No

Unsure

Yes

5. 3. I know how to calm my body and mind when I feel angry. *

Mark only one oval.

I have no idea Skip to question 7.

Maybe, but I'm not confident Skip to question 7.

I know exactly how to calm my body and mind when I'm angry Skip to question 6.

Skip to question 7.

Explain Q3

6. 3b. Please explain your favorite way to calm your mind and body when you have strong emotions.

Question 4

7. 4. I know how strong emotions affect my body (lungs, skin, heart, etc.). *

Mark only one oval.

- Yes Skip to question 11.
- No
- Unsure

Question 5

8. 5. I can name the "Calming Down" steps *

Mark only one oval.

- Yes Skip to question 10.
- No
- Unsure

Question 6

9. 6. I can demonstrate how to belly breathe to calm down. *

Mark only one oval.

- Yes Skip to question 12.
- No Skip to question 13.

Skip to question 13.

Explain Q5

10. 5b. What are the calming down steps?

Skip to question 9.

Explain Q4

11. Explain what happens when your body has strong emotions (lungs, heart, skin, etc.).

Skip to question 8.

Explain Q6

12. 6b. Please explain how to properly belly breathe.

Skip to question 13.

13. 7. One thing I'd like to learn about strong emotions is.... (if you can't think of anything else you'd like to learn please leave BLANK)

Stop filling out this form.

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