

PRE AND POST SURVEY

GRADE 3-5



Section 1 – My brain and how it grows

1. I know that my brain is still growing and changing while I am a kid.
1 = No 2 = Sometimes 3 = Yes
2. I know that my brain helps me think, feel, and make choices.
1 = No 2 = Sometimes 3 = Yes
3. I know that sleep, good food, and moving my body help my brain grow strong.
1 = No 2 = Sometimes 3 = Yes
4. I know that things like drugs and alcohol can hurt a growing brain and slow it down.
1 = No 2 = Sometimes 3 = Yes
5. I know that too much screen time can make it harder for my brain to focus and calm down.
1 = No 2 = Sometimes 3 = Yes

Section 2 – My brain skills

6. When I feel big feelings, I can use a coping skill (like breathing, counting, or talking to someone) to calm my brain.
1 = No 2 = Sometimes 3 = Yes
7. I can stop and think before I say or do something that might hurt someone's feelings.
1 = No 2 = Sometimes 3 = Yes
8. I can follow more than one step when an adult gives me directions.
1 = No 2 = Sometimes 3 = Yes
9. I can make a simple plan to finish my homework or chores.
1 = No 2 = Sometimes 3 = Yes
10. I can keep track of my important school things (folder, notebook, tablet).
1 = No 2 = Sometimes 3 = Yes

Section 3 – My choices and getting help

11. I try to make choices that keep my brain safe and healthy.

1 = No 2 = Sometimes 3 = Yes

12. If I feel worried, scared, or really upset, I know at least one grownup I can talk to.

1 = No 2 = Sometimes 3 = Yes

13. I would tell a grown-up if I saw another kid doing something that could hurt their brain (like using drugs, alcohol, or dangerous dares).

1 = No 2 = Sometimes 3 = Yes

14. I want to practice at least one brain-healthy coping skill I learned in these videos.

1 = No 2 = Sometimes 3 = Yes

Open-ended:

15. One coping skill or brain-healthy choice I want to practice is:

Please write your answer here: