













# PRE AND POST SURVEY

## GRADE K-2















Instruction: "After I read each sentence, circle the face that shows how true it is for you."

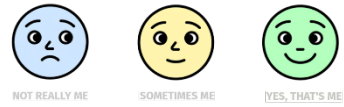
### Section 1 – My growing brain

1. My brain helps me think, learn, and make choices.  
    
NOT REALLY ME      SOMETIMES ME      YES, THAT'S ME
2. Sleep, good food, and moving my body help my brain be strong.  
    
NOT REALLY ME      SOMETIMES ME      YES, THAT'S ME
3. Controlling myself can help keep my brain safe and strong.  
    
NOT REALLY ME      SOMETIMES ME      YES, THAT'S ME
4. Some things, like unsafe behavior, can hurt a kid's brain and body.  
    
NOT REALLY ME      SOMETIMES ME      YES, THAT'S ME

### Section 2 – My brain skills

5. When I feel upset, I can use a calm-down skill (like breathing, counting, or squeezing a squishy) to help my brain feel better.  
    
NOT REALLY ME      SOMETIMES ME      YES, THAT'S ME
6. I can pause, think and choose something better before I hit, yell, or say something mean.  
    
NOT REALLY ME      SOMETIMES ME      YES, THAT'S ME
7. I can listen to my teacher and choose to follow the rules.  
    
NOT REALLY ME      SOMETIMES ME      YES, THAT'S ME
8. I can remember what I need to do next (like line up, clean up, or get my backpack).  
    
NOT REALLY ME      SOMETIMES ME      YES, THAT'S ME

9. I can keep my hands and feet to myself most of the time.

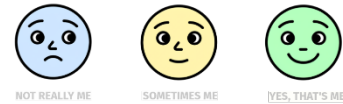


**Section 3 – My choices**

10. I try to make choices that are good for my brain and body.



11. I try to give my brain a break from screens (like tablets, TV, or games) when a grown-up asks me to.



12. I try to use kind words instead of hurting someone when I am mad.



13. I can tell other people what my boundaries (what I am comfortable with) are.



**Section 4 – Getting help**

14. When I feel really mad, scared, or sad, I know one grown-up I can talk to.



15. If I see something that looks very unsafe, I would tell a grown-up.



16. I can ask for help when I need to.

