Appendix:
Pre/post Surveys and Handouts
ACTIVITY 1: LIFE SKILLS

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.

___ 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
### ACTIVITY 2: LEARNING SCENARIOS

**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.

<table>
<thead>
<tr>
<th>Model Description</th>
<th>Location</th>
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<tbody>
<tr>
<td>“Playworks” is a program in schools and afterschool</td>
<td>(NATIONWIDE)</td>
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<tr>
<td>programs where kids have designated time for recess</td>
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<td>and play-based lessons that bring out the best in</td>
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<tr>
<td>every kid. Outcomes include readiness for class and</td>
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<tr>
<td>decreased bullying.</td>
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<tr>
<td>“MAPS” class (MAPS= Methods for Academic and Personal</td>
<td>(AUSTIN, TX)</td>
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<td>Success) is a semester-long class that helps students</td>
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<td>learn to organize their time, manage emotions and</td>
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<tr>
<td>navigate transitions to middle or high school.</td>
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<tr>
<td>“Parents and Children Making Connections-Attention”</td>
<td>(OREGON)</td>
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<td>(PCMC-A) is a program for parents and their children.</td>
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<td>While parents learn about stress-reduction and</td>
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<tr>
<td>wellness, children learn to improve attention and</td>
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<td>self-regulation. Outcomes include positive measures of</td>
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<td>children’s brain function related to attention.</td>
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<td>Planning Centers are located in all schools. The</td>
<td>(CLEVELAND, OH)</td>
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<td>Planning Center is a proactive setting designed to</td>
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<td>help students problem solve, develop appropriate school</td>
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<td>and classroom behaviors and reduce the need for</td>
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<tr>
<td>classroom removal. Remedial supports for academics</td>
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<td>are also available.</td>
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<tr>
<td>Learning Hub schools are designated within the school</td>
<td>(OAKLAND, CA)</td>
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<td>district to make social, emotional and cognitive</td>
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<td>learning a priority in their school. In each Learning</td>
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<tr>
<td>Hub school, there are lessons and activities that</td>
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<td>reinforce these skills across academic and elective</td>
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<td>classes throughout the school day.</td>
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</tbody>
</table>

Add local program description here:
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
Communicating
Compassion
Competence
Confidence
Conflict Resolution
Connecting
Courage
Creative Problem-solving
Critical Thinking
Curiosity
Dedication
Empathy
Flexibility
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
Respect
Self-awareness
Self-directed
Self-esteem
Self-management
Self-motivation
Self-regulation
Social Skills
Taking on Challenges
Tolerance
Zest