

Middle School Thoughtful Thursday Check in Questionnaire

1- First and Last Name

2- Grade

A- 5th Grade

B- 6th Grade

C- 7th Grade

D- 8th Grade

3- What "Zone" have you been in this week?

A- Blue Zone: Excellent, Hopeful, Excited, Energetic

B- Green Zone: Happy, Content, Bored, Busy

C- Yellow Zone: Okay, Nervous, Worried, Frustrated, Sad, Confused

D- Red Zone: Miserable, Angry, Hungry, Isolated, Scared

4- Who is a trusted adult in this building that you feel you can talk to?

5- I need help with my academics?

A- Yes

B- No

6- I need help managing my behavior?

A- Yes

B- No

7- I need help managing my emotions?

A- Yes

B- No

8- In the last two weeks, how often have you felt worried, nervous or on edge?

A- Not at all

B- Some days

C- Over half of the days

D- Nearly every day

9- In the last two weeks, how often have you NOT been able to stop or control worrying or nervousness?

- A- Not at all
- B- Some days
- C- Over half of the days
- D- Nearly every day

10- In the last two weeks, how often have you felt afraid or as if something awful might happen?

- A- Not at all
- B- Some days
- C- Over half of the days
- D- Nearly every day

11- I would like someone to check in on me?

- A- Yes
- B- No