

Thoughtful Thursday Results

1-15-2026

Number of students who completed the survey: 471

Out of: 877

Percent Completed: 53.7%

Grade	Percentage
5 th	20.8%
6 th	24.4%
7 th	31.8%
8 th	23.1%

What zone have you been in this week?	Percentage
Blue Zone: Excellent, Hopeful, Energetic, Excited:	35.4%
Green Zone: Happy, Content, Bored, Busy:	55.5%
Yellow Zone: Okay, Nervous, Frustrated, Sad, Confused:	7.4%
Red Zone: Miserable, Angry, Isolated, Hungry, Scared:	1.7%

I need help with my academics	Percentage
No	96.2%
Yes	3.8%

I need help with managing my behavior	Percentage
No	97.9%
Yes	2.1%

I need help with managing my emotions	Percentage
No	97.5%
Yes	2.5%

In the last two weeks, how often have you been feeling worried, nervous or on edge?	Percentage
Not at all	77.3%
Some days	19.5%
Over half of the days	2.5%
Nearly every day	0.6%

In the last two weeks, how often have you NOT been able to stop or control worrying or nervousness?	Percentage
Not at all	83.9%
Some days	12.1%
Over half of the days	2.1%
Nearly every day	1.9%

Within the last two weeks, how often have you felt afraid or as if something awful might happen?	Percentage
Not at all	83.5%
Some days	13.8%
Over half of the days	1.9%
Nearly every day	0.8%

I would like someone to check in on me	Percentage
No	96.2%
Yes	3.8%