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| --- | --- | --- |
| **Emotional Skills** | **YES** | **NO** |
| 1. I have a positive outlook, most of the time. |  | x |
| 2. I like who I am. |  | x |
| 3. I know that I am good at doing something. | x |  |
| 4. I know what I need to work on doing better. | x |  |
| 5. I learn from my mistakes. | x |  |
| 6. I can handle any life event. |  | x |
| 7. I know different emotions. | x |  |
| 8. I am happy aboout 5 out of 7 days. |  | x |
| 9. I know my positive qualities. | x |  |
| 10. I can cope with my feelings. |  | x |
| 11. I enjoy free time. |  | x |
| 12. I know how to have fun. | x |  |
| 13. I put my talents to use. | x |  |
| 14. I express myself trough activities. | x |  |
| 15. I do activities I enjoy | x |  |
| 16. I know activities to do when feeling down. |  | x |
| 17. I know activities to do when feeling angry. |  | x |
| 18. I take time to learn new activities that I like. | x |  |
| 19. I feel good about the activities I do. | x |  |
| 20. I do the best I can in all activities. | x |  |
| Add total answers checked yes and no. **TOTALS** | 12 | 8 |