

SEARS-C

SOCIAL-EMOTIONAL ASSETS AND RESILIENCE SCALE Child Form (for Grades 3-6) Item Tryout Version 1.0

PART 1: ABOUT ME

The Name of My School _____

My Age _____ My Grade in School _____ My Sex: Girl Boy

My Ethnic Group or Race: White African American Hispanic or Latino Asian
 Native American Other _____

PART 2: DIRECTIONS

Here is a list of sentences that tell how kids sometimes feel, think, or act. Read each sentence, and circle the letter that tells about you the best. Circle **N** if the sentence is **NEVER** true for you. Circle **S** if the sentence is **SOMETIMES** true for you. Circle **O** if the sentence is **OFTEN** true for you. Circle **A** if the sentence is **ALWAYS** (or **ALMOST ALWAYS**) true for you. There are no right or wrong answers. Please answer every sentence, and do your best.

Remember: NEVER SOMETIMES OFTEN ALWAYS

1.	I like to do my best in school.....	N	S	O	A
2.	I feel sorry for other people when bad things happen to them.....	N	S	O	A
3.	I am good at understanding what other people think.....	N	S	O	A
4.	I can do many things without help.....	N	S	O	A
5.	I try to help other people when they need help.....	N	S	O	A
6.	People like to be with me.....	N	S	O	A
7.	I like to talk to lots of different people.....	N	S	O	A
8.	I make friends easily.....	N	S	O	A
9.	I try to understand how my friends feel when they are upset, or sad...	N	S	O	A
10.	I am a good listener when other people have something to say.....	N	S	O	A
11.	Other kids invite me to hang out with them.....	N	S	O	A
12.	I have a best friend.....	N	S	O	A
13.	People think I am fun to be with.....	N	S	O	A
14.	Even when things don't go well for me, I am okay.....	N	S	O	A
15.	Other people like me.....	N	S	O	A
16.	My friends come to me for help.....	N	S	O	A
17.	I like doing things for others.....	N	S	O	A
18.	I am good at solving problems.....	N	S	O	A
19.	I understand how other people feel.....	N	S	O	A

20.	I feel okay with the way I am.....	N	S	O	A
21.	It is easy for me to tell people how I feel.....	N	S	O	A
22.	I ask for help when I need it.....	N	S	O	A
23.	I could teach someone else how to calm down when they are angry..	N	S	O	A
24.	I know the difference between anger and aggression.....	N	S	O	A
25.	I stay in control when I am angry.....	N	S	O	A
26.	I care what happens to other people.....	N	S	O	A
27.	I think before I act.....	N	S	O	A
28.	I am comfortable when I am in a big group of people.....	N	S	O	A
29.	Other people see me as a leader.....	N	S	O	A
30.	I like who I am.....	N	S	O	A
31.	Other kids respect me.....	N	S	O	A
32.	I make good decisions.....	N	S	O	A
33.	I think about my problems in ways that help.....	N	S	O	A
34.	I like to go to school.....	N	S	O	A
35.	I am happy to be me.....	N	S	O	A
36.	I feel good about myself.....	N	S	O	A
37.	I can handle most things on my own.....	N	S	O	A
38.	I ignore other kids when they tease me or call me names.....	N	S	O	A
39.	I stand up for myself when I need to.....	N	S	O	A
40.	I can name lots of different feelings.....	N	S	O	A
41.	I know how to calm down when I am upset.....	N	S	O	A
42.	I know how to change my negative thoughts.....	N	S	O	A
43.	When life is hard, I don't let things get to me.....	N	S	O	A
44.	I know how to set goals for what I want in life.....	N	S	O	A
45.	I am able to handle problems that really bother other kids.....	N	S	O	A
46.	I ask my teacher for help when I don't understand my school work.....	N	S	O	A
47.	My parents trust me.....	N	S	O	A
48.	I work well with other kids on school projects.....	N	S	O	A
49.	I like being at school.....	N	S	O	A
50.	I can identify errors or mistakes in the way I think about things.....	N	S	O	A
51.	I know when people are upset, even when they don't talk about it.....	N	S	O	A
52.	I stay calm when there is a problem or argument.....	N	S	O	A

Remember: NEVER SOMETIMES OTEN ALWAYS