**Lesson Title: What Should I Do About Worries**

**Pre and Post Assessment**

**Student name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age \_\_\_\_\_\_\_\_\_\_**

**Dates \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ Form completed by: \_\_\_\_\_\_\_\_\_\_\_**

**Place a + in the column if the student completes the skill**

**Place a / in the column if the student partially completes the skill**

**Place a – in the column if the student is unable to complete the skill**

**Provide a comment for each skill if needed on the C line**

|  |  |  |
| --- | --- | --- |
| **Skills observed & Comments (C:)** | **Pre-test** | **Post-test** |
| 1. Student able to identify what things worry him/her |  |  |
| **C:** |  |  |
| 1. Students identify 3 appropriate ways they handle worry independently or with help (talk to adult, make worry box, so something that makes you feel good, try exercise, figure out how to solve problem, let it go) |  |  |
| **C:** |  |  |
| 1. Student appears to handle situations when worried |  |  |
| **C:** |  |  |
| 1. Student appropriately seeks help if needed when upset or excessively worried. |  |  |
| **C:** |  |  |
| 1. Student completes homework page accurately w/minimal assists (post lesson) |  |  |
| **C:** |  |  |