

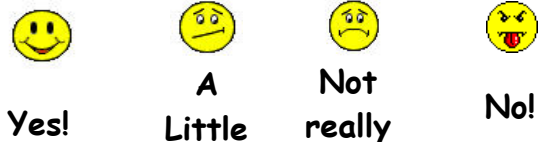
# Hey! Tell us what you think!



We want to know what you thought about the FRIENDS program. Your answers will be private.

1. I am:    A boy                    A girl    (circle one)
2. My age: \_\_\_\_\_
3. This year is the **FIRST** time I have done the FRIENDS Program.    **TRUE**            **FALSE**

For the next questions, please circle the face that you think best describes what you think (circle one face for each question).



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|--|--|--|--|--|
| 1. I liked the FRIENDS program   |  |  |  |  |
| 2. I know more about my different kinds of feelings                      |  |  |  |  |
| 3. I can calm myself down when I am worried                              |  |  |  |  |
| 4. I know the difference between helpful thoughts and unhelpful thoughts |  |  |  |  |
| 5. I can make a Coping Step Plan   |  |  |  |  |
| 6. I can help my friends or classmates when they are worried             |  |  |  |  |
| 7. I can use the 6-Block Problem Solving Plan to help solve my problems  |  |  |  |  |
| 8. The FRIENDS Program has helped me                                     |  |  |  |  |

What was the MOST helpful thing you learned in the FRIENDS Program?

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What do you think should be changed about the FRIENDS program?

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