



# 5 Alive Student Self-Assessment

*Last Revised: 2.3.25*



San José Public Library  
Foundation



## Contents

Social Awareness: Compassion & Empathy .....	1
Relationship Skills: Effective Communication.....	5
Self-Awareness: Growth Mindset .....	9
Self-Management: Stress Management.....	13
Responsible Decision Making: Making A Good Judgment .....	17

## Social Awareness: Compassion & Empathy



## Social Awareness: Compassion and Empathy

Jackson fell and dropped his basket and eggs during the Easter egg hunt. Raheem notices. Which choice(s) demonstrates compassion and empathy:



*Check all that apply:*

- Raheem helps Jackson because an adult told him to.
- Raheem immediately goes over to help Jackson up and pick up his fallen eggs.
- Raheem goes over to help Jackson but only because he would want someone to help him if he fell.
- Raheem helps Jackson up but only because he wants Jackson to give him one of his toys.

Directions: Draw or write about a time when you demonstrated empathy or compassion.

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## Reflection Questions

Directions: Teacher will verbally ask the student the following questions. If they haven't done so already, they should be audio recording.

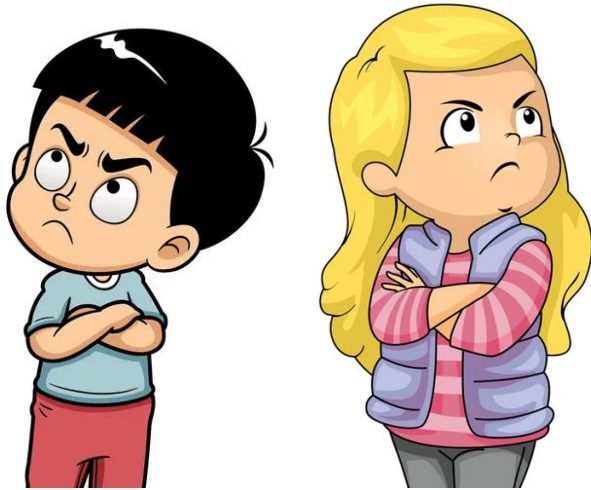
1. When you think about {insert focus skill}, what comes to mind? How would you describe {insert focus skill} to a friend?
2. Please tell me about your drawings and descriptions. What did you draw? Why did you choose to draw that? Can you tell me more about how this demonstrates {insert focus skill}? [Repeat these questions for each drawing the student completes.]
3. Did you enjoy this activity? What was your favorite part? What was your least favorite part?

## Relationship Skills: Effective Communication



## Relationship Skills: Effective Communication

Sasha and Peter got into an argument at school. Which choice(s) demonstrates good communication:



*Check all that apply:*

- Sasha uses "I feel" statements when talking with Peter about her emotions.
- Sasha ignores Peter for the rest of the day.
- Peter asks Sasha how she is feeling and listens attentively to what she says.
- Peter tells all his other friends that Sasha is mean.



Directions: Draw or write about a time when you spoke or listened to another person effectively.

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## Reflection Questions

Directions: Teacher will verbally ask the student the following questions. If they haven't done so already, they should be audio recording.

1. When you think about {insert focus skill}, what comes to mind? How would you describe {insert focus skill} to a friend?
2. Please tell me about your drawings and descriptions. What did you draw? Why did you choose to draw that? Can you tell me more about how this demonstrates {insert focus skill}? [Repeat these questions for each drawing the student completes.]
3. Did you enjoy this activity? What was your favorite part? What was your least favorite part?

## Self-Awareness: Growth Mindset



## Self-Awareness: Demonstrating a growth mindset

Carlos signs up for soccer which he's never played before and is struggling. Which choice(s) demonstrates a growth mindset:



*Check all that apply:*

- Carlos becomes frustrated and stops trying in practice.
- Carlos stays after practice to work with a teammate more.
- He throws his shin guards and tells his adult he wants to quit.
- He recognizes he's trying something new and feels excited to continue as he shows improvement.

Directions: Draw or write about a time when you demonstrated a growth mindset

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1. When you think about {insert focus skill}, what comes to mind? How would you describe {insert focus skill} to a friend?
2. Please tell me about your drawings and descriptions. What did you draw? Why did you choose to draw that? Can you tell me more about how this demonstrates {insert focus skill}? [Repeat these questions for each drawing the student completes.]
3. Did you enjoy this activity? What was your favorite part? What was your least favorite part?

## Self-Management: Stress Management



## Self-Management: Stress Management

Quint is doing a project with his class. It is really hard for him and he is getting frustrated. Which choice(s) demonstrate stress-management:



*Check all that apply:*

- Quint takes a deep breath before continuing.
- Quint asks for a break.
- Quint throws his project on the ground and walks away.
- Quint asks a friend for help.



Directions: Draw or write about a time when you used a stress management technique to stay calm.

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## Reflection Questions

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1. When you think about {insert focus skill}, what comes to mind? How would you describe {insert focus skill} to a friend?
2. Please tell me about your drawings and descriptions. What did you draw? Why did you choose to draw that? Can you tell me more about how this demonstrates {insert focus skill}? [Repeat these questions for each drawing the student completes.]
3. Did you enjoy this activity? What was your favorite part? What was your least favorite part?

## Responsible Decision Making: Making A Good Judgment



## Responsible Decision Making: Making Responsible Choices

Riya was invited to go to the water park with her friend but has not finished her homework.

Which choice(s) demonstrates making responsible choices:



*Check all that apply:*

- Riya asks her friend if they can go another day.
- Riya finishes half her homework today and then goes to the waterpark.
- Riya goes to the water park with her friend without finishing her homework.
- Riya finishes her homework and then goes to the waterpark.

Directions: Draw or write about a time when you took steps that led to a responsible choice.

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## Reflection Questions

Directions: Teacher will verbally ask the student the following questions. If they haven't done so already, they should be audio recording.

1. When you think about {insert focus skill}, what comes to mind? How would you describe {insert focus skill} to a friend?
2. Please tell me about your drawings and descriptions. What did you draw? Why did you choose to draw that? Can you tell me more about how this demonstrates {insert focus skill}? [Repeat these questions for each drawing the student completes.]
3. Did you enjoy this activity? What was your favorite part? What was your least favorite part?