

Growga Questionnaire (Elementary Student)

Name (optional): \_\_\_\_\_ Grade: 3rd

1. I try to be kind and supportive to myself when I'm having a hard time.

1-Never	2	3	4	5-Always
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2. When I feel sad or down, it seems like I am the only one who feels that way.

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3. When I notice things about myself that I do not like, I get really frustrated.

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4. When I feel I'm not "good enough" in some way, I try to remind myself that other people sometimes feel this way too!

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5. When I feel frustrated or disappointed, I think about it over and over again.

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6. When something upsetting happens, I try to see things as they are without blowing them out of proportion.

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7. I get mad at myself for not being better at some things.

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8. When I'm sad or unhappy, I remember that other people also feel this way at times.

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12. I'm really hard on myself when I do something wrong.

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13. When things are not going well, I keep in mind that life is sometimes hard for everyone.

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Growga Questionnaire (Elementary Student)

17. When something upsets me, I try to notice my feelings and not get carried away by them.

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18. I often feel I am unable to control the important things in my life.

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19. When things happen that I did not plan for, I get really upset.

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20. I enjoy my Growga yoga and mindfulness class(es).

1-Strongly Disagree	2	3	4	5-Strongly Agree
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21. What do you enjoy most about Growga class(es)?

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22. What could be improved about your Growga class?

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21. What do you enjoy most about Growga class(es)?

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22. What could be improved about your Growga class?

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