

# Teaching Values of Being Human

## Stimulating self-awareness and building identity

### *My hard stuff survey*

How close are you to having the 'tough stuff' under control? Here is a list of the things students are able to do when they have the 'tough stuff' under control. Score yourself and see how you rate! Be as honest as you can.



**Rate yourself:**  
 3 means you always do it  
 2 means you sometimes do it  
 1 means you hardly ever do it



- I get off to a quick start with new work and assignments
- I never let others distract me from my work
- I always control my temper
- I look for positive ways to solve problems
- I can take a deep breath, stay calm and manage tricky situations cleverly
- I always finish my work on time
- I can wait patiently for turns
- I can stop, look and listen carefully so I can remember
- I do my homework independantly and regularly
- When I'm having trouble with work I always talk to my teacher about it
- I often get the feeling of being on top of and on time with my work
- I'm ready for school on time and happily each day
- I can listen and concentrate for a long time
- I am happy with my friends

TOTAL SCORE

Total your score and colour in the box. How did you rate? Are you pleased? Is there some work to do?

We've got choices! Let's choose one thing to improve on	Are you ready to choose one or two things we could improve?	There's some room for a bit of 'fine tuning'.	You're doing really well! What would you like to improve on?
<b>12 to 20</b>	<b>21 to 27</b>	<b>28 to 35</b>	<b>36 to 42</b>

Now we're finding the things that are easy, and others that are more challenging. Next, think of a way to turn a hard thing into a goal. Then go and chase that goal. Good luck!