

Activity Sheet - 5A: SUCCESS STARTS WITH ME

Name _____ Date _____

**Rate (circle) your ability to manage stress and express your feelings.
Then complete the sentences about our classroom and your goal.**

My ability to manage stress:

- 1** - I give up.
- 2** - I need serious help.
- 3** - I stink at it.
- 4** - I need to try harder.
- 5** - Meh.
- 6** - I'm working on it.
- 7** - I will persevere!
- 8** - I'm getting better!
- 9** - I rock at it!
- 10** - I manage stress like a champ!

My ability to express feelings:

- 1** - I can't... Yet.
- 2** - I go from 0-60.
- 3** - I have tantrums.
- 4** - I let my anger take over.
- 5** - I disappoint myself.
- 6** - I need practice.
- 7** - I'm working on it.
- 8** - I'm improving.
- 9** - I've got it figured out.
- 10** - I'm awesome at expressing my feelings!

My ideal classroom is:

_____ and _____ and _____.

The biggest problem in our classroom is: _____

As a powerful martial artist, I'm part of the solution.

My goal is: _____

