Date _____

Name _____

Self-Reflection

A Caring Questionnaire

Read the sentences below. Determine how often you do the activity described in the sentence – often, sometimes, rarely – and record your answer. There are NO wrong answers! When you are done, add the total of thumbs up to see how strong your caring skills are.

Showing caring	Often	Sometimes	Rarely
1. I say things like please, thank you, and excuse me.			
2. I can forgive someone after they apologize.			
3. I listen to my friends if they have had a hard day.			
4. I help clean up, even if I didn't make the mess.			
5. I include others in what I am doing.			
6. I am a supportive team player.			
7. I do things to keep the Earth healthy.			
8. I greet others when I first see them.			
9. I share my toys and games with others.			
10. I can make others laugh.			

I have _____ thumbs up. If you scored...

1-4 thumbs up: You show caring a little, but could work to show more. Think about how you could support those around you.

5-7 thumbs up: You show a good bit of caring, but there is still a little room to grow. Try listening to what others need help with.

8-10 thumbs up: You show so much caring! Keep it up!

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