

## GiveThx Formative Assessments

### **Title: Assessment - Mental Health**

*Prompt:* Think about the times when you say 'thank you' to someone or when someone thanks you. How do you feel in those moments? Share about a time when saying or hearing 'thank you' made you feel better. Explain.

### **Title: Assessment - Belonging**

*Prompt:* Share a story about a time when saying or hearing 'thank you' made you feel more connected to your friends, family, or school. How do you think thanking and being thanked can help people feel like they belong in a community? What things are you grateful for that give you a sense of belonging?

### **Title: Assessment - Self-Awareness**

*Prompt:* What is one of the top reasons people thank you for? Find a Thx note you received that shows this strength in action. What did you do? How did the person benefit / feel? How does being recognized for this strength make you feel?

### **Title: Assessment - Social-Awareness**

*Prompt:* Look at the Thx notes you've sent and pick one that is meaningful to you. Who were you grateful to and why? How did they impact you? How did sending the note make you feel? Why did you pick this note to reflect on?

### **Title: Assessment - Relationship Skills**

*Prompt:* What is something that people thank you for that helps you get along with others? How do you feel when someone shows gratitude towards you? How does it affect your behavior or feelings towards them?

### **Title: Assessment - Self-Management**

*Prompt:* How often do you practice gratitude (reflecting, thanking others)? Do you set goals? When and where do you practice most often? What does your data show?