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**Is Our School Brain and Adversity Aligned?**

We need your help! As we work to make our school more brain friendly we have been asking for feedback from the many members of our school community. Students are the most important part of that community, so we want to hear directly from you!

Our brains are incredible! They weigh about three pounds, feel a little like jello, and have enough storage space to store three million television shows! Pretty impressive right? Scientists have discovered that this amazing organ is not fully developed when we are born but continues to grow until we are in our late twenties. Even more crazy, the brain may reach full development in our twenties, but it never stops learning and rewiring. Looks like you really can teach an old dog, or human, new tricks!

With all that we know about the human brain there are still many things that remain a mystery. One thing WE know for sure is how important YOUR developing brain is, so we want to work together to make our school brain friendly. To help us do this we have some questions we would like you to honestly answer. We cannot do this without you! Your answers will be anonymous so do not be afraid to speak your mind!

**So... What do you think?** (circle your answer)

**1. Does your school help you to understand your brain better? How about your emotions?**

Never                      Sometimes                      Most of the time                      All the time

**2. Do your teachers talk about how the brain grows and develops?**

Never                      Sometimes                      Most of the time                      All the time

**3. Do you understand how the brain learns? If so, do you think your school teaches in a way that supports your brain?**

Never                      Sometimes                      Most of the time                      All the time

**4. Do you feel safe in your school environment (classrooms, hallways, playgrounds, lunchrooms, bathrooms, bus) and are these environments predictable/consistent?**

Never                      Sometimes                      Most of the time                      All the time

**5. Do you think the adults in your school want to get to know you? Do you feel like they care about who you are as a person?**

Never                      Sometimes                      Most of the time                      All the time

**6. Do you feel like there is at least one adult at school that cares about you? That really knows you?**

Never                      Sometimes                      Most of the time                      All the time

**7. Do you have opportunities throughout the school day to spend positive time with the adults you connect with?**

Never                      Sometimes                      Most of the time                      All the time

**8. Do you feel like you can share your emotional, social, and academic needs with those at your school?**

Never                      Sometimes                      Most of the time                      All the time

**9. Do you feel like you have choices throughout the school day?**

Never                      Sometimes                      Most of the time                      All the time

**10. Do you have a voice at school? Do adults and other students at your school listen to your voice?**

Never                      Sometimes                      Most of the time                      All the time

**11. Would you say the beginning of the day at your school is calm, welcoming, and friendly?**

Never                      Sometimes                      Most of the time                      All the time

**12. Does the way you begin your school day help you feel supported and prepared for the day ahead?**

Never                      Sometimes                      Most of the time                      All the time

**13. Do you know how your brain responds to stress, fear, or danger? If so, do you feel like your teachers help you to understand this response?**

Never                      Sometimes                      Most of the time                      All the time

**14. Do you feel like your school supports your emotional needs and present moment needs?**

Never                      Sometimes                      Most of the time                      All the time

**15. Do you feel confident in your abilities to calm yourself, to self-regulate your brain and emotions?**

Never                      Sometimes                      Most of the time                      All the time

**16. Do you feel like the adults in your school would help you if you were to lose your cool or “flip your lid”?**

Never                      Sometimes                      Most of the time                      All the time

**17. Do your teachers support your emotions? Especially when you are angry, scared, or sad?**

Never                      Sometimes                      Most of the time                      All the time

**18. Do the adults at your school teach and show you ways to self-regulate?**

Never                      Sometimes                      Most of the time                      All the time

**19. Can you identify the things that trigger you?**

Never                      Sometimes                      Most of the time                      All the time

**20. Do you think the adults in your school can help students when they are triggered?**

Never                      Sometimes                      Most of the time                      All the time

**21. Do you think your school/classroom's rules or guidelines are fair? Do they make sense to you?**

Never                      Sometimes                      Most of the time                      All the time

**22. Do you think most students follow these rules or guidelines?**

Never                      Sometimes                      Most of the time                      All the time

**23. If you do not follow these rules or guidelines do you know what the consequences would be, what would happen?**

Never                      Sometimes                      Most of the time                      All the time

**24. Do you think these consequences are fair?**

Never                      Sometimes                      Most of the time                      All the time

**25. Do they help you to follow the rules or guidelines better next time?**

Never                      Sometimes                      Most of the time                      All the time

**26. Do the adults in your school offer or show you ways to follow these rules or guidelines?**

Never                      Sometimes                      Most of the time                      All the time

**27. Do you think your school supports the emotions of the teachers?**

Never                      Sometimes                      Most of the time                      All the time

**28. Do you think your teachers are happy? Do you think they enjoy teaching?**

Never                      Sometimes                      Most of the time                      All the time

**29. Do you think the adults in your school know how to self-regulate their own emotions and brain states?**

Never                      Sometimes                      Most of the time                      All the time

**30. Does your school use parents to help support students and teachers?**

Never                      Sometimes                      Most of the time                      All the time

**31. Do you think your school values (cares about) parents?**

Never                      Sometimes                      Most of the time                      All the time

**32. Do you think your school values (cares about) students?**

Never                      Sometimes                      Most of the time                      All the time

**33. Do you think your school values (cares about) you?**

Never                      Sometimes                      Most of the time                      All the time

**34. Is there anything else you would like to share? (write response below)**