Daily Child Strength Scale
“How well I get through the day”

Child_________________________ Age________________
Date_________________________

For each question, circle the face that shows how you really feel most of the time, or most days, not how you’d like to feel.

“Growing up” (getting ready for school, free time after school, homework, taking care of myself)

Am I good at doing things on my own? Not Good Great Sort of

“How well do I get through sad/hard times?”

Great Sort of Not Good

“Worry Busting” (bounce back, get over things, adjust, forget about it)

“Family togetherness” (enjoy each other, are cooperative, care for and help each other)

How do I and my family get along? Not Good Sort of Great

“Fun Times” (hobbies, arts/crafts, computers at school and home, sports, social groups, clubs)

Do I have enough fun/interesting activities? Not Good Great Sort of

“At School” (with teachers, with other students, in class, and at recess)

How do I get along at school? Great Not Good Sort of

(over)
### “Best Buddies/Friends”
(I have good friends, get along with and keep them)
<table>
<thead>
<tr>
<th>Am I happy with the friends I have?</th>
<th>Not Good</th>
<th>Sort of</th>
<th>Great</th>
</tr>
</thead>
</table>

### “Comfy Feelings”
(comfort at home, school and in the neighborhood)
<table>
<thead>
<tr>
<th>Do I feel safe and secure?</th>
<th>Great</th>
<th>Not Good</th>
<th>Sort of</th>
</tr>
</thead>
</table>

### “Plenty of Z-Z-Z-z’s”
(no wetting, nightmares, or waking often)
<table>
<thead>
<tr>
<th>Do I sleep good and wake up rested?</th>
<th>Sort of</th>
<th>Great</th>
<th>Not Good</th>
</tr>
</thead>
</table>

### “Good Munchin”
(regular meals, and healthy snacks including fruit and veggies)
<table>
<thead>
<tr>
<th>Is my appetite good, and do I eat well?</th>
<th>Not Good</th>
<th>Sort of</th>
<th>Great</th>
</tr>
</thead>
</table>

### “Strong and Healthy”
(I don’t often have headaches, stomach aches or feel sick or tired)
<table>
<thead>
<tr>
<th>Do I feel strong and have lots of energy?</th>
<th>Great</th>
<th>Sort of</th>
<th>Not Good</th>
</tr>
</thead>
</table>