

Item #	Personal & Social Behaviors	Not TRUE	A Little TRUE	A Lot TRUE	Very TRUE
1	I ask for help when I need it.	Not	A Little	A Lot	Very
2	I stay calm when dealing with problems.	Not	A Little	A Lot	Very
3	I help my friends when they are having a problem.	Not	A Little	A Lot	Very
4	I work well with my classmates.	Not	A Little	A Lot	Very
5	I do the right thing without being told.	Not	A Little	A Lot	Very
6	I do my part in a group.	Not	A Little	A Lot	Very
7	I stay calm when I disagree with others.	Not	A Little	A Lot	Very
8	I stand up for others when they are not treated well.	Not	A Little	A Lot	Very
9	I look at people when I talk to them.	Not	A Little	A Lot	Very
10	I am careful when I use things that aren't mine.	Not	A Little	A Lot	Very
11	I let people know when there's a problem.	Not	A Little	A Lot	Very
12	I pay attention when the teacher talks to the class.	Not	A Little	A Lot	Very
13	I try to make others feel better.	Not	A Little	A Lot	Very
14	I say "thank you" when someone helps me.	Not	A Little	A Lot	Very
15	I keep my promises.	Not	A Little	A Lot	Very
16	I pay attention when others present their ideas.	Not	A Little	A Lot	Very
17	I try to find a good way to end a disagreement.	Not	A Little	A Lot	Very
18	I try to think about how others feel.	Not	A Little	A Lot	Very
19	I try to forgive others when they say "sorry."	Not	A Little	A Lot	Very
20	I follow school rules.	Not	A Little	A Lot	Very
21	I think bad things will happen to me.	Not	A Little	A Lot	Very
22	I often do things without thinking.	Not	A Little	A Lot	Very
23	I think no one cares about me.	Not	A Little	A Lot	Very
24	I make people do what I want them to do.	Not	A Little	A Lot	Very

Item #	Personal & Social Behaviors	Not TRUE	A Little TRUE	A Lot TRUE	Very TRUE
25	I feel lonely.	Not	A Little	A Lot	Very
26	I fight with others.	Not	A Little	A Lot	Very
27	I feel sad.	Not	A Little	A Lot	Very
28	I break the rules.	Not	A Little	A Lot	Very
29	I feel nervous with my classmates.	Not	A Little	A Lot	Very
30	I do not let others join my group of friends.	Not	A Little	A Lot	Very
31	I worry about things.	Not	A Little	A Lot	Very
32	I have stress-related upset stomachs or headaches.	Not	A Little	A Lot	Very
33	I get tired.	Not	A Little	A Lot	Very
34	I get easily irritated or annoyed.	Not	A Little	A Lot	Very
35	I feel stressed.	Not	A Little	A Lot	Very
36	I control my breathing to relax when stressed.	Not	A Little	A Lot	Very
37	I stretch and exercise to feel healthy.	Not	A Little	A Lot	Very
38	I try to get 9 hours sleep nightly to feel good the next day.	Not	A Little	A Lot	Very
39	I connect with friends or family when I need support.	Not	A Little	A Lot	Very
40	I do a fun activity or hobby to reduce stress.	Not	A Little	A Lot	Very

**Note.** The Student Version is the only version of S&BH-BUS that includes the five Stress Management Skills items (36 to 40).