

Schoolwork Scale

	<i>How much schoolwork today?</i>	<i>How I feel</i>	<i>What I can do by myself</i>	<i>What I need help with</i>
5	More than I can possibly do!	Like not doing any!		
4	More than I want to do!	This is too much!		
3	Some	I'm getting worried...		
2	Just a little	Okay		
1	None	Calm		

If needed, list schoolwork by subject and make a plan with teacher or parent: