

# How do you feel in school every day?

A 2015 survey from the Yale Center for Emotional Intelligence asked 20,000+ high school students how they felt in school.

*The top 3 emotions felt were:*

# Tired Stressed Bored

*In contrast,  
the same group  
of students  
reported that  
they wanted  
to feel...*



inspirED is a nationwide movement of high school teams dedicated to empowering student leadership and improving school climate.

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Place: \_\_\_\_\_

Contact: \_\_\_\_\_

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