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...

Happy  Contented  Purpose
Inspired  Passion  Valued
Motivated  Respected  Safe
Balanced  Energized  Support
Empowered  Excited  Connected

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

Date: ____________________________
Time: ____________________________
Place: ____________________________
Contact: __________________________

For more information, please visit inspirED.fb.com.