

Daily Activities for Youth Opportunity (DAY-Opp)

Fogel, Gross, Adler, & Rosenblum, 2020

During the day, you perform a sequence of daily routines (morning, school, afternoon, and evening routine).

The purpose of this questionnaire is to obtain information about the frequency with which you perform each of the various activities and the degree of independence with which you perform that activity. Please select the most appropriate answer for each of the statements.

Explanation of the scales of the degree of independence:

Independent – able to perform the activity without any assistance.

Need partial verbal guidance – need encouragement, directed questions such as: Do you remember/know what you need to do?

Need full verbal guidance – need explicit instructions regarding the performance of the activity.

Need partial physical help – perform some of the activity for me, make a gesture (physical gesture) to help start the activity.

Need full physical help – depends on the adult at all stages of the activity.

Morning Routine						
1	I wake up in the morning in time to get ready for school	Always	Often	Sometimes	Seldom	Never
2	I wake up in the morning in time to get ready for school	Independent	Need partial verbal guidance from an adult in the morning (asked to hurry)	Need full verbal guidance from an adult when I need to wake up (remind me that the alarm rang)	Need partial physical help from an adult (set the alarm for me, open the window, take off my blanket)	Need full physical help (wake up only when an adult helps me)
3	I perform the sequence of morning activities that are required to be completed in the morning to leave the house	Always	Often	Sometimes	Seldom	Never
4	I perform the sequence of morning activities that are required to be completed in the morning to leave the house	Independent	Need partial verbal guidance from an adult in the morning (asked to hurry)	Need full verbal guidance from an adult before or during the performance (reminds me of the sequence of activities)	Need partial physical help from an adult (do part of the activities for me)	Need full physical help from an adult (do the sequence of morning activities with full adult assistance)

School Routine						
5	I arrive for school on time	Always	Often	Sometimes	Seldom	Never
6	I arrange the lesson supplies (take out a suitable notebook, writing tools, books)	Always	Often	Sometimes	Seldom	Never
7	I manage to perform various tasks given during the lesson	Always	Often	Sometimes	Seldom	Never
8	I manage to perform various tasks given during the lesson	Independent	Need partial verbal guidance from an adult (explain me what to do)	Need full verbal guidance from an adult (show me what to do)	Need partial physical help from an adult (do part of the activities for me)	Need full physical help from an adult (do the activities with full adult assistance)
9	I participate in classes (I vote to answer; I answer questions, I participate in group work in class)	Always	Often	Sometimes	Seldom	Never
	Mark the name of one lesson that I participate in more than other lessons:					
	Mark the name of one lesson that I participate in less than other lessons:					
10	I am attentive to the lessons (listen to the teacher's explanations, listen to the answers of classmates)	Always	Often	Sometimes	Seldom	Never
Mark the name of one lesson that I succeed to stay attentive to for a long time:						
Mark the name of one lesson that I fail to stay attentive to for a long time:						

School Routine						
11	I interrupt during the lesson (walk around the classroom, talk loudly with friends)	Always	Often	Sometimes	Seldom	Never
Mark the name of one lesson that I never interrupt during the lesson:						
Mark the name of one lesson that I always interrupt during the lesson:						
12	I copy the written material from the whiteboard to my notebook, work page, or journal	Always	Often	Sometimes	Seldom	Never
13	I copy the written material from the whiteboard to my notebook, work page, or journal	Independent	Need partial verbal guidance from adult or classmate (remind me to copy material)	Need full verbal guidance from adult or classmate (tell me exactly what to copy)	Need partial physical help from adult or classmate (show me what to copy, copy some material for me)	Need full physical help from adult or classmate (fully depend on adult or classmate while doing tasks in class)
14	I study for tests (I know what material is on the test, I plan for the time it takes to study for the test)	Always	Often	Sometimes	Seldom	Never
15	I study for tests (I know what material is on the test, I plan for the time it takes to study for the test)	Independent	Need partial verbal guidance from adult or classmate (remind me, quiz me, help me the test material)	Need full verbal guidance from adult or classmate (plan for study time for me, organize the material for me)	Need partial physical help from adult or classmate (help me study for the test)	Need full physical help from adult or classmate (fully depend on adult or classmate to study for the test)
Mark the name of one lesson that I always study for the exam:						
Mark the name of one lesson that I never study for the exam:						
16	I am alone at intervals between classes at school	Always	Often	Sometimes	Seldom	Never
17	I am with friends during break	Always	Often	Sometimes	Seldom	Never

Afternoon Routine						
18	I make myself a light meal (e.g., toast, omelet, cereal, salad)	Always	Often	Sometimes	Seldom	Never
19	I make myself a light meal (e.g., toast, omelet, cereal, salad)	Independent	Need partial verbal guidance from adult (help me think of what to prepare)	Need full verbal guidance from adult (tell me what to eat and what I need to prepare, the sequence of preparing)	Need partial physical help from an adult (help me with some preparation like cutting and heating)	Need full physical help from an adult (adult prepares the full meal for me)
20	I do my homework	Always	Often	Sometimes	Seldom	Never
21	I do my homework	Independent	Need partial verbal guidance from adult or classmate (remind me to do homework)	Need full verbal guidance from adult or classmate (explain or show me what to do)	Need partial physical help from adult or classmate (do some steps for me)	Need full physical help from adult or classmate (fully depend on adult while doing homework, read and write to me, explain the questions,)
Mark the name of one lesson that I always prepare homework:						
Mark the name of one lesson that I never prepare homework:						
22	I organize the necessary supplies for school	Always	Often	Sometimes	Seldom	Never
23	I organize the necessary supplies for school	Independent	Need partial verbal guidance from adult (remind me to organize)	Need full verbal guidance from adult (tell me what I need to organize)	Need partial physical help from an adult (do some of the organizing for me)	Need full physical help from an adult (do all the organizing for me)
24	I attend a class or several classes in my leisure time	Always	Often	Sometimes	Seldom	Never
25	I remain inside the classroom during my leisure time	Always	Often	Sometimes	Seldom	Never
26	I participate in activities with members of a youth movement, film, or game group	Always	Often	Sometimes	Seldom	Never

Evening Routine						
27	I perform the sequence of evening activities required to go to sleep (eat dinner, take a shower)	Always	Often	Sometimes	Seldom	Never
28	I perform the sequence of evening activities required to go to sleep (eat dinner, take a shower)	Independent	Need partial verbal guidance from adult (hurry me, remind me)	Need full verbal guidance from adult (explain the evening sequence to me)	Need partial physical help from an adult (do some of the steps for me)	Need full physical help from an adult (do all the steps for me)
29	I help with the chores (setting the table, taking out the trash)	Always	Often	Sometimes	Seldom	Never
30	I help with the chores (setting the table, taking out the trash)	Independent	Need partial verbal guidance from adult (remind me what I need to do)	Need full verbal guidance from adult (explain or show me what to do)	Need partial physical help from an adult (do some of the steps for me)	Need full physical help from an adult (do all the steps for me)
31	I organize my room (put clothes in the closet, do my laundry, throw away garbage, arrange the games and books in a closet or drawers)	Always	Often	Sometimes	Seldom	Never
32	I organize my room (put clothes in the closet, do my laundry, throw away garbage, arrange the games and books in a closet or drawers)	Independent	Need partial verbal guidance from adult (remind me what I need to do)	Needs full verbal guidance from adult (explain or show me what to do)	Need partial physical help from adult (do some of the steps for me)	Need full physical help from adult (do all the steps for me)
33	I sleep at least 8 to 10 hours a night	Always	Often	Sometimes	Seldom	Never
34	I sleep at least 8 to 10 hours a night	Independent	Need partial verbal guidance from adult (remind me to sleep)	Need full verbal guidance from adult (tell me to sleep)	Need partial physical help from an adult (help me to stop things I'm doing and sleep)	Need full physical help from adult/friend – (take me to bed)
35	I fall asleep easily	Always	Often	Sometimes	Seldom	Never
36	I sleep well at night	Always	Often	Sometimes	Seldom	Never
37	I wake up refreshed in the morning	Always	Often	Sometimes	Seldom	Never

The statements below refer to your satisfaction and your enjoyment of your conduct during the day. Concerning each statement, please place a check mark √ in the appropriate column:

		Always	Often	Sometimes	Seldom	Never
1	I am satisfied with my conduct during the day					
2	I manage to do what I need to do during the day					
3	I manage to do what I want to do during the day					
4	I enjoy my life					
5	My parents are satisfied with the way I conduct myself during the day					