

**Wellbeing questionnaire**

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| I feel happy | 1 | 2 | 3 | 4 | 5 |
| Comments: | | | | | |
| I feel brave | 1 | 2 | 3 | 4 | 5 |
| Comments: | | | | | |
| I can ask for help if I need it | 1 | 2 | 3 | 4 | 5 |
| Comments: | | | | | |
| I have been in contact with my friends | 1 | 2 | 3 | 4 | 5 |
| Comments: | | | | | |
| I have been in contact with my family that I cannot be with | 1 | 2 | 3 | 4 | 5 |
| Comments: | | | | | |
| I am getting some exercise everyday | 1 | 2 | 3 | 4 | 5 |
| Comments: |  |  |  |  |  |
| I am coping with my feelings | 1 | 2 | 3 | 4 | 5 |
| Comments: | | | | | |
| I am helping grown ups at home | 1 | 2 | 3 | 4 | 5 |
| Comments: | | | | | |
| I can share my feelings with someone | 1 | 2 | 3 | 4 | 5 |
| Comments: | | | | | |
| I am learning new things | 1 | 2 | 3 | 4 | 5 |
| Comments: | | | | | |
| I have a routine at home | 1 | 2 | 3 | 4 | 5 |
| Comments: | | | | | |
| I am taking a break and relaxing my mind | 1 | 2 | 3 | 4 | 5 |
| Comments: | | | | | |
| I am getting a good night’s sleep | 1 | 2 | 3 | 4 | 5 |
| Comments: | | | | | |
| I like being at home | 1 | 2 | 3 | 4 | 5 |
| Comments: | | | | | |
| I feel connected to my teacher and school | 1 | 2 | 3 | 4 | 5 |
| Comments: | | | | | |
| I feel safe at home | 1 | 2 | 3 | 4 | 5 |
| Comments: | | | | | |
| I know how to cope with my worries | 1 | 2 | 3 | 4 | 5 |
| Comments: | | | | | |
| I am trying my best at everything I do | 1 | 2 | 3 | 4 | 5 |
| Comments: | | | | | |
| I am having fun with my family | 1 | 2 | 3 | 4 | 5 |
| Comments: | | | | | |
| I feel good about myself | 1 | 2 | 3 | 4 | 5 |
| Comments: | | | | | |
| I am spending time outdoors every day | 1 | 2 | 3 | 4 | 5 |
| Comments: | | | | | |
| I am doing my home learning regularly | 1 | 2 | 3 | 4 | 5 |
| Comments: | | | | | |
| I understand why I have been at home | 1 | 2 | 3 | 4 | 5 |
| Comments: | | | | | |
| I am looking forward to coming back to school | 1 | 2 | 3 | 4 | 5 |
| Comments: | | | | | |
| I enjoy my home learning and try my best | 1 | 2 | 3 | 4 | 5 |
| Comments: | | | | | |
| I follow the rules at home | 1 | 2 | 3 | 4 | 5 |
| Comments: | | | | | |

**Is there anything else you would like to tell us?**