

**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?**