

## WELLBEING QUESTIONNAIRE

This was asked for in the [ELSA Support Group](#) by Victoria Harris Day. She wanted a way of telephoning children to get a snapshot of how they are coping at home. Together we came up with these questions.

You are welcome to use them too. It will certainly give you an idea on the resources you might need to send home to help a child.

I honestly think our children's wellbeing is paramount right now and above all the academic learning. They will catch up with the academics but not if they are not coping well or feeling unhappy.

I would suggest KS2 upwards for this resource.

For KS1 you could send the questions home for parents to do with their children.

This will give you a good indication of the areas you need to help with from school. If they are not feeling happy then how can you help with that? What can you suggest? Of course ELSA Support has lots of resources for increasing happiness so come and have a look. Also I am always available if you want to contact me through the website. I will do my very best to suggest the best resources to help.

Debbie





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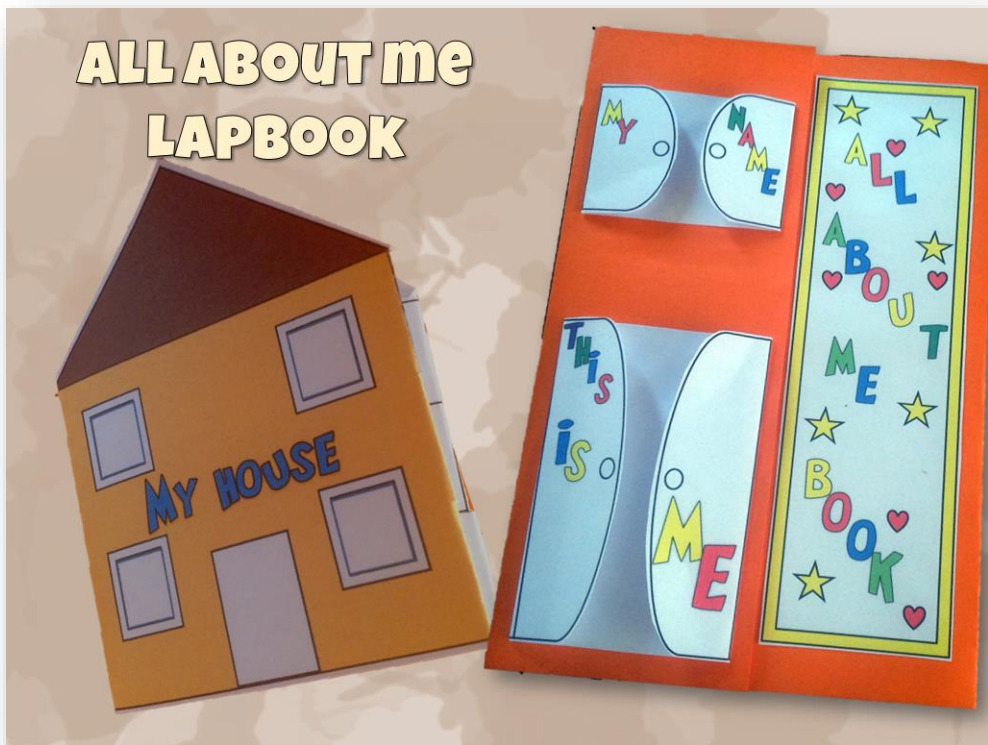




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# Wellbeing questionnaire for children at home


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


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

 Not at all


 Very much so


I feel happy	1	2	3	4	5
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 Not at all


 Very much so


I feel brave	1	2	3	4	5
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 Not at all

 Very much so


I can ask for help if I need it	1	2	3	4	5
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 Not at all


 Very much so


I am making contact with my friends	1	2	3	4	5
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 Not at all


 Very much so


I am making contact with my family that I can't be with right now	1	2	3	4	5
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 Not at all


 Very much so


I am getting some exercise every day	1	2	3	4	5
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 Not at all


 Very much so


I am coping with my feelings	1	2	3	4	5
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 Not at all


 Very much so


I am helping at home	1	2	3	4	5
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 Not at all


 Very much so


I can share my feelings with someone	1	2	3	4	5
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 Not at all


 Very much so


I am learning new things	1	2	3	4	5
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 Not at all

 Very much so


I have a routine at home	1	2	3	4	5
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 Not at all

 Very much so

I am taking a break and relaxing my mind	1	2	3	4	5
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 Not at all

 Very much so


I am getting a good night's sleep	1	2	3	4	5
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 Not at all

 Very much so

I like being at home	1	2	3	4	5
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 Not at all

 Very much so


I feel connected to my school	1	2	3	4	5
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 Not at all


 Very much so


I feel safe at home	1	2	3	4	5
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 Not at all


 Very much so


I feel good in my body	1	2	3	4	5
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 Not at all


 Very much so


I know how to cope with my worries	1	2	3	4	5
------------------------------------	---	---	---	---	---

 Not at all


 Very much so


I am trying my best at everything I do	1	2	3	4	5
--	---	---	---	---	---

 Not at all


 Very much so


I am having fun with my family	1	2	3	4	5
--------------------------------	---	---	---	---	---

 Not at all


 Very much so


I feel good about myself	1	2	3	4	5
--------------------------	---	---	---	---	---

 Not at all

 Very much so


I am spending some time outdoors every day	1	2	3	4	5
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 Not at all

 Very much so


I am doing my school work	1	2	3	4	5
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 Not at all

 Very much so

I understand why I am still at home	1	2	3	4	5
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 Not at all


 Very much so


I am eating my meals	1	2	3	4	5
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 Not at all

 Very much so

I feel hopeful	1	2	3	4	5
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 Not at all

 Very much so

I follow the rules at home	1	2	3	4	5
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Is there anything else you want to tell us about?...

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