

CLASSROOM WELLNESS SURVEY

TODAY'S DATE: - / - /
CLASS: _____

Read each statement. Then, on a scale of one to five, mark the degree to which you agree with the statement.

1 - Strongly Disagree

3 - Neutral

5 - Strongly Agree

1. I have at least one real friend at school.
1 2 3 4 5

2. Sometimes, I feel lonely at school.
1 2 3 4 5

3. At school, there are adults that I trust to keep me safe.
1 2 3 4 5

4. At home, there are adults who I trust to keep me safe.
1 2 3 4 5

5. At school, I always do my best - I am not lazy.
1 2 3 4 5

6. Becoming smarter is something that is important to me.
1 2 3 4 5

7. At home, I have a quiet place to carry out my studies.
1 2 3 4 5

8. I would say that I receive enough sleep on most nights.
1 2 3 4 5

9. At home, I eat a well-balanced diet with both fruits and vegetables.
1 2 3 4 5

10. My parent(s) set high academic standards for me.
1 2 3 4 5

11. When I think of my future, I know exactly how I want it to look.
1 2 3 4 5

12. If someone tells me a secret, I can always keep it.
1 2 3 4 5

13. I gossip more than I should.
1 2 3 4 5

14. When I think about it, I am significantly attached to my phone + social media.
1 2 3 4 5

15. Most of my friends have the same color skin as me.
1 2 3 4 5

16. I am beautiful and infinitely valuable.
1 2 3 4 5