

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
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 Not at all


 Very much so


I am trying my best at everything I do	1	2	3	4	5
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 Not at all


 Very much so


I am having fun with my family	1	2	3	4	5
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 Not at all


 Very much so


I feel good about myself	1	2	3	4	5
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 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?...
