

Seasons for Growth

























Health and Wellbeing Pupil Questionnaire (pre-intervention)



Name:

Date:

Please colour in the picture you think describes you just now:

		No	Maybe	Yes
1.	I can understand that change is part of life			
2.	I can name some feelings I have when change happens			
3.	I can talk about my feelings (e.g. happy, sad, angry)			
4.	I can talk about how my feelings can make me behave			
5.	I can choose how to behave when I feel sad or angry			
6.	I can manage my feelings			
7.	I can talk to people who can help me when things are difficult			
8.	I can make good choices which will help me when things are difficult			

Thank you for completing this questionnaire

