

# Seasons for Growth

## Health and Wellbeing Teacher Questionnaire (pre-intervention)



Name of Pupil:

Date:

The questionnaire is based on a few of the health and wellbeing experiences and outcomes. Please complete the questionnaire for the pupil, indicating the extent to which you disagree or agree with the following:

		Strongly disagree	Disagree	Not sure	Agree	Strongly agree
1.	I can name some feelings I have when change happens (HWB 01a)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2.	I can talk about my feelings (e.g. happy, sad, angry) (HWB 01a)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3.	I can describe how my feelings can make me think (HWB 02a)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4.	I can describe how my feelings can make me behave (HWB 02a)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5.	I can manage my thoughts and feelings in a positive way (HWB 02a)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6.	I can identify and talk to people who can help me in difficult times (HWB 03a)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7.	I can understand that change and loss is part of life (HWB 07a)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8.	I can make good choices which will help me in difficult times (HWB 07a)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Any other comments or observations

Thank you for completing this questionnaire

