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Q5

How I feel about myself INSIDE SCHOOL

	Never	Not often	Sometimes	Often	Always
feeling good about myself	☐	☐	☐	☐	☐
feeling healthy	☐	☐	☐	☐	☐
feeling miserable	☐	☐	☐	☐	☐
feeling energetic	☐	☐	☐	☐	☐
feeling cared for	☐	☐	☐	☐	☐
feeling appreciated	☐	☐	☐	☐	☐
feeling stressed	☐	☐	☐	☐	☐
feeling capable of coping with challenges	☐	☐	☐	☐	☐
feeling bored	☐	☐	☐	☐	☐
feeling part of things	☐	☐	☐	☐	☐
feeling close to people	☐	☐	☐	☐	☐
feeling there is lots to look forward to	☐	☐	☐	☐	☐
feeling safe	☐	☐	☐	☐	☐
feeling confident	☐	☐	☐	☐	☐
feeling everything is an effort	☐	☐	☐	☐	☐
feeling things are fun	☐	☐	☐	☐	☐
feeling lonely	☐	☐	☐	☐	☐
feeling happy	☐	☐	☐	☐	☐
feeling I'm treated fairly	☐	☐	☐	☐	☐

Q6

How I feel about myself OUTSIDE SCHOOL

	Never	Not often	Sometimes	Often	Always
feeling good about myself	☐	☐	☐	☐	☐
feeling healthy	☐	☐	☐	☐	☐
feeling miserable	☐	☐	☐	☐	☐
feeling energetic	☐	☐	☐	☐	☐
feeling cared for	☐	☐	☐	☐	☐
feeling appreciated	☐	☐	☐	☐	☐
feeling stressed	☐	☐	☐	☐	☐
feeling capable of coping with challenges	☐	☐	☐	☐	☐
feeling bored	☐	☐	☐	☐	☐
feeling part of things	☐	☐	☐	☐	☐
feeling close to people	☐	☐	☐	☐	☐
feeling there is lots to look forward to	☐	☐	☐	☐	☐
feeling safe	☐	☐	☐	☐	☐
feeling confident	☐	☐	☐	☐	☐
feeling everything is an effort	☐	☐	☐	☐	☐
feeling things are fun	☐	☐	☐	☐	☐
feeling lonely	☐	☐	☐	☐	☐
feeling happy	☐	☐	☐	☐	☐
feeling I'm treated fairly	☐	☐	☐	☐	☐