

## Student Well-Being Index: Elementary (3<sup>rd</sup>-5<sup>th</sup>)

<b>STUDENT NAME:</b>	<b>DATE:</b>
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**DIRECTIONS:**

Below is a survey that is going to ask you how you have been doing. For each question, please choose the number that matches your feelings or actions in the last week. Your response can range from 1 (None of the Time) to 5 (All of the Time). There are no right or wrong answers here.

	None of the Time	Rarely	Some of the Time	Often	All of the Time
In the past week...	1	2	3	4	5
1. I've been eating healthy foods					
2. I've been active					
3. I've been interested in my daily activities					
4. I've been getting enough sleep					
5. I've been in a good mood					
6. I've been feeling cared about by others					