

## 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:

How have you been doing this week? For each question, please choose the number that matches your feelings or actions in the last week. Your response can range from “None of the Time” to “All of the Time”.

- Choosing “None of the Time” means you have NOT been feeling that way at all this week.
- Choosing “All of the time” means you have felt that way for the whole week.

Your answers will help your teacher understand how you are feeling. There are no right or wrong answers – this is not a test, and you will not be graded!

In the past week...	None of the Time	Rarely	Some of the Time	Often	All of the Time
					
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					