

# Student Check-In Card

name .....

date .....

Which option(s) best describes how you have been feeling lately?

happy

☐

sad

☐

confused

☐

calm/content

☐

tired/unmotivated

☐

anxious/stressed

☐

confident

☐

scared

☐

lonely

☐

angry/irritable

☐

On a scale of 1 to 10, how accepted and supported do you feel by your classmates and teachers?

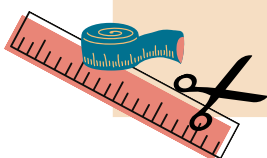
On a scale of 1 to 10, how proud do you feel of the work you've been producing?

On a scale of 1 to 10, how positive do you feel about your friendships at the moment?

On a scale of 1 to 10, how well do you feel you can contribute to class discussions?

Is there anything you would like to tell or ask your teacher about your schooling/homelife/social life?

Extra comments:

☐

Tick box  
for follow up  
chat with  
Wellbeing Team

Building  
*Character*  
and RESILIENCE