

Student Check-In Card

name

date

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

- | | | | | |
|---|------------------------------------|-----------------------------------|---------------------------------------|--|
| happy
<input type="radio"/> | sad
<input type="radio"/> | confused
<input type="radio"/> | calm/content
<input type="radio"/> | tired/unmotivated
<input type="radio"/> |
| anxious/stressed
<input type="radio"/> | confident
<input type="radio"/> | scared
<input type="radio"/> | lonely
<input type="radio"/> | angry/irritable
<input type="radio"/> |

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