

Introduction

Do you prefer pink flowers or yellow flowers? Red t-shirts or green t-shirts? What you choose depends on **you** and the way you see the world. Our world is special because we're all different and we all have different lives. You're wonderful and you're unique - there's only one of you!

Today you'll answer some questions about how you feel about your world and how you feel about the people in it.

Why am I answering these questions?

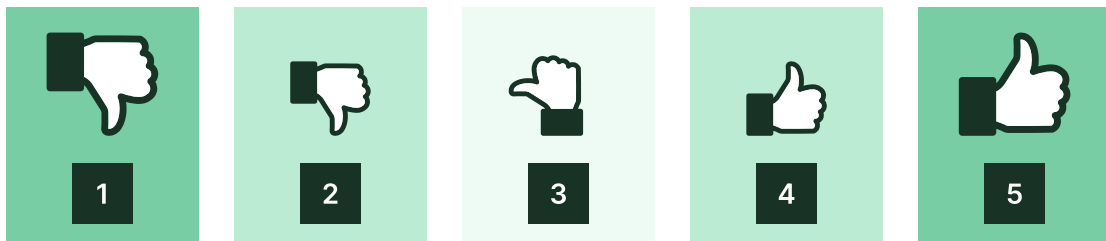
We want to find out about how you feel about yourself and the things going on in your life. We will use your answers to make sure that we are looking after you in school and helping to be the happiest you can be.

How do I answer these questions?

With these questions, there are no right or wrong answers. We just want to know what you think. For each question, you'll see a sentence and have to pick how much you agree or disagree with that sentence.

You choose your answer by clicking the number that matches what you think.

How much do you agree with this sentence?



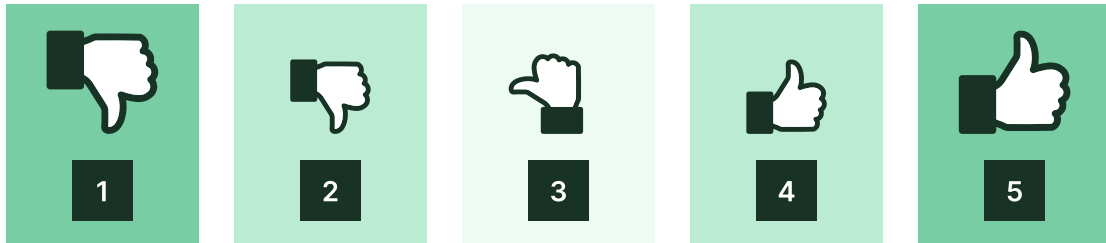
I like pizza.

- A 1 B 2 C 3 D 4 E 5

Choosing 1 means you **really disagree** with that sentence. Choosing 5 means that you **really agree** with that sentence.

Let's look at two examples!

How much do you agree with this sentence?

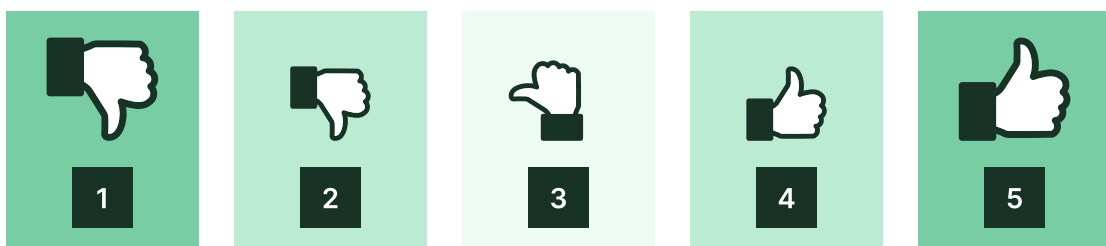


Ice cream tastes disgusting.



The sentence says 'Ice cream tastes disgusting'. I strongly disagree with the sentence – I love ice cream! So, I will click 1.

How much do you agree with this sentence?



Football is fun.



This sentence says 'Football is fun'. I agree with this sentence, but not very strongly. So, I will click 4. If **you** strongly agree, you can click 5!

What if I don't understand the question?

Ask your teacher. They can explain anything to you! Remember, this is not a test.

What are the questions about?

There are questions on six different themes, all about how you feel about your world:

- Recognising how you feel
- Feeling healthy
- Feelings about people
- Feelings about challenges
- Feelings about school and learning
- Feelings about me

Conclusion

Now you know how to answer these questions, let's get on with finding out how **you** feel about **your** world.

Remember, there are no right or wrong answers. Think about how much **you** agree or disagree with each sentence.