|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Name: | | | | | |
| For each statement tick the number that best represent your response. | Never |  |  |  | Always |
|  | 1 | 2 | 3 | 4 | 5 |
| I can identify different emotions that I have experienced as a result of the pandemic |  |  |  |  |  |
| I understand why I feel these emotions |  |  |  |  |  |
| I understand that even though they may be hard to manage, they are normal |  |  |  |  |  |
| I can stay positive when things are difficult |  |  |  |  |  |
| I understand how ‘giving/being kind’ helps to improve my emotional wellbeing during the pandemic |  |  |  |  |  |
| When things get difficult I understand how the 5 ways to well being can help me manage and improve my emotional health |  |  |  |  |  |
|  |  |  |  |  |  |
| During the pandemic I would describe myself as: |  |  |  |  |  |
| Positive |  |  |  |  |  |
| Confident |  |  |  |  |  |
| Determined |  |  |  |  |  |
| Optimistic |  |  |  |  |  |
| Sensitive |  |  |  |  |  |
| Resilient |  |  |  |  |  |
| Giving / Kind |  |  |  |  |  |