

# ***Monticello Community School District***

## **Well-Being Universal Survey Questions**

### ***Grades 3-4***

#### **Emotion Regulation (*Feelings in General*)**

*How well students regulate their emotions.*

- When you feel upset, how often can you help yourself feel better?
- If people around you are mad, how calm can you stay?
- When your feelings get really big, how often can you stay in control?
- Once you get upset, how often can you get yourself to relax?
- If something goes wrong (like making a mistake or losing a game), how calm can you stay?

#### **Positive Feelings**

*How frequently students feel positive emotions.*

- In the last week, how often did you feel excited about something?
- In the last week, how often did you feel happy?
- In the last week, how often did you feel loved?
- In the last week, how often did you feel safe?

#### **Supportive Relationships (*Help from Other People*)**

*How supported students feel through their relationships with friends, family, and adults at school.)*

- Is there a teacher or another grown-up at school you can go to if you need help?
- Is there a family member or another grown-up outside of school who is there to help you?
- Do you have a friend at school who will help you whenever you need them?

#### **Challenging Feelings**

*How frequently students feel challenging emotions.*

- During the past week, how often did you feel mad?
- In the last week, how often did you feel lonely?
- In the last week, how often did you feel sad?
- In the last week, how often did you feel worried?

#### **Free Response Question**

- Thinking about your life, what makes you really happy?
- Is there anything in your life right now that is hard or stressful for you?
- Is there anything teachers or adults at school could do to help you?
- Who is a staff member(s) you feel most connected to at school? You can choose up to 3 people.

# *Monticello Community School District*

## **Well-Being Universal Survey Questions**

### *Grades 5-12*

#### **Emotion Regulation (*Feelings in General*)**

*How well students regulate their emotions.*

- How easily can you stay in control when you are feeling pressured?
- How often are you able to pull yourself out of a bad mood?
- How relaxed can you stay when everyone around you is upset or angry?
- How often are you able to control your emotions when you need to?
- How often can you get yourself to relax when you are upset?
- How calm are you able to remain when things go wrong?

#### **Positive Feelings**

*How frequently students feel positive emotions.*

- In the past week, how often did you feel excited?
- In the past week, how often did you feel happy?
- In the past week, how often did you feel loved or cared for?
- In the past week, how often did you feel safe?
- In the past week, how often did you feel hopeful?

#### **Challenging Feelings**

*How frequently students feel challenging emotions.*

- In the past week, how often did you feel angry?
- In the past week, how often did you feel lonely?
- In the past week, how often did you feel sad?
- In the past week, how often did you feel worried?
- In the past week, how often did you feel frustrated?

#### **Supportive Relationships (*Help from Other People*)**

*How supported students feel through their relationships with friends, family, and adults at school.*

- Do you have a teacher or other trusted adult from school who you can count on to help you?
- Do you have a family member or other trusted adult outside of school who you can count on to help you?
- Do you have a friend from school who you can count on to help you?
- Do you have a teacher or other trusted adult from school who you can be yourself around?
- Do you have a family member or other trusted adult outside of school who you can be yourself around?
- Do you have a friend from school who you can be yourself around?

#### **Free Response Question**

- What things in your life make you feel the happiest right now?
- What things in your life feel the hardest for you right now?
- What can teachers or other adults at school do to help you feel supported?