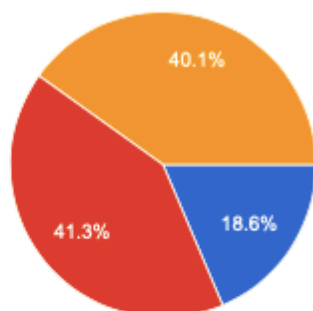


## KS2 Well-being Survey - September 2020

### During Lockdown

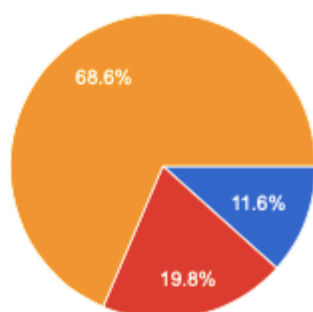
172 responses



- I often felt scared or worried with everything that was going on and missed my friends and family
- I wasn't scared or worried but I was bored without school and my usual activities
- I was happy to be at home and enjoyed having more down time and time with family

### Returning to School

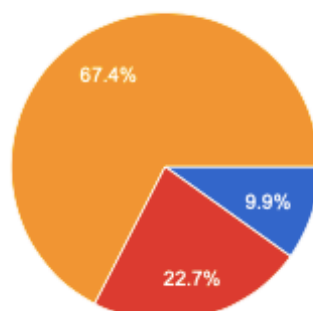
172 responses



- I was scared or worried about seeing everyone, getting sick or what would be different
- I wanted to stay at home and wasn't looking forward to doing work
- I was excited to get back to see people and start learning again

### This Week

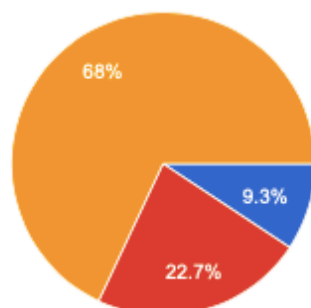
172 responses



- I often feel scared or worried with all the changes or about getting sick
- I am finding it difficult to focus or complete work or find I feel a tired a lot
- I am happy to be back and enjoy being in school

## Feelings and Emotions

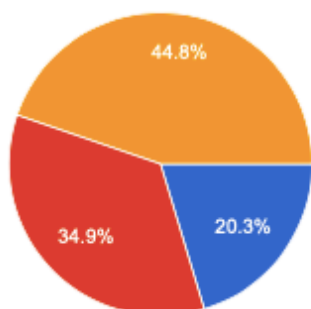
172 responses



- I often feel really bad or have lots of difficult thoughts. I don't see how anyone can help
- I often feel bad, but I am talking to someone about it and finding ways to feel better
- I mostly feel positive and can cope well with difficult feelings

## Healthy Lifestyle

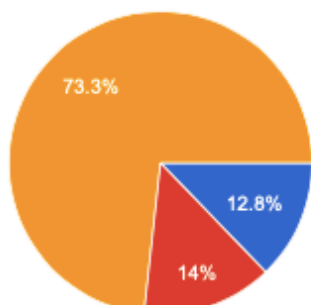
172 responses



- My lifestyle could be healthier, but I don't see it as a problem or don't know how to change it
- I am learning how to live a healthier life, with support from those around me
- My lifestyle is mostly healthy and this benefits my mental and emotional wellbeing too

## Friends and Relationships

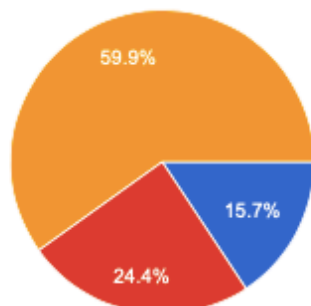
172 responses



- I feel alone or that people in my life don't support me. I don't see how anyone can help
- I'm taking steps to improve my friendships and get more support
- I have friends that are right for me and feel well supported in my life

## Self Esteem

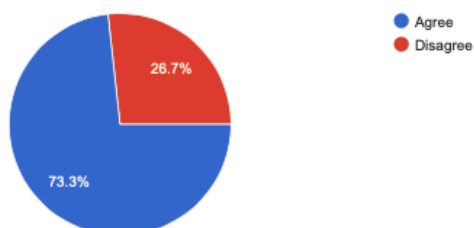
172 responses



- I don't feel good about myself and I don't know how to change it
- I'm taking steps to feel better about myself and talk to trusted people about this
- I mostly feel good about myself and am looking forward to the year ahead

## Calm Brain helps me feel focused and ready to learn

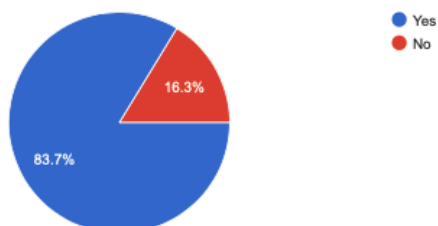
172 responses



- Agree
- Disagree

## We used Calm Brain in class last year

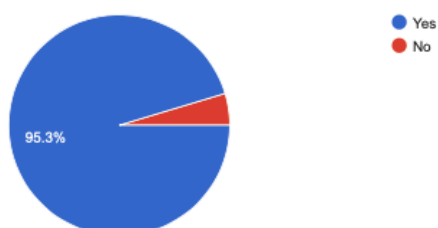
172 responses



- Yes
- No

## We have used Calm Brain in class since returning to school

172 responses



- Yes
- No