**Note to users:**

The following questions can be copied and pasted into any survey you may be using to connect with your students. Some are forced choice, some are scaling, and some are open-ended. Be sure to include appropriate response choices for each. Feel free to edit the questions to best suit your needs.

1. Which of these emotions have you felt in the last week? (choose all that apply)

* Sad
* Angry
* Anxious
* Overwhelmed
* Scared
* Worried
* Happy
* Calm
* Irritable
* Numb
* Confused
* Lonely
* Tired
* Excited
* Energized
* Hopeless
* Helpless
* Ashamed
* Other \_\_\_\_\_\_\_

1. Are these emotions different than how you normally feel?
2. What are some worries you are having right now?

4. What are three things that make you happy?

3.

5. What are three things that make you sad?

1.

2.

3

6. I’m getting emotional support from: (choose all that apply)

* Family
* Friends
* Therapist
* Teachers
* School Counselor
* Case worker
* Neighbor
* Community
* Self
* Pet
* Other: \_\_\_\_\_\_\_\_
* None

7. Do you know what to do when you are struggling or feeling down?

8. Who can you talk to when you are worried?

9. Do you feel safe to express your emotions at home? Why or why not?

10. How do you show emotional support for your loved ones?

11. What are three ways you can engage in self-care?

1.

2.

3.

12. What are you doing so far to care for your mind and body?

* Exercise
* Play
* Cuddling a pet
* Mindfulness
* Art
* Talking to friends
* Listening to music
* Eating healthy foods
* Writing in a journal
* Crafting
* Reading
* Other \_\_\_\_\_\_\_

1. What are you looking forward to in the future?
2. What is bringing you comfort?
3. What is bringing you inspiration?
4. What are you grateful for right now?

17. List three ways your life has changed:

1.

2.

3.

1. Is there anyone you are concerned about in your home?
2. Are there any friends that you are worried about?
3. What would you most like us at (school name) to know about you right now?
4. What are ways that the school can make you feel better supported during this challenging time?