

KINDL

We would like to know how you have been feeling during the past week, so we have worked out a few questions which we would like you to answer. Please read each question carefully and think about how things have been for you over the past week. Put a tick in the box underneath the answer which best describes your feelings. There are no right or wrong answers; its what you think that matters!

Statements: 'During the past week...'	Never	Rarely	Sometimes	Often	All the time
... I felt ill.					
... I have a headache or tummy-ache.					
... I was tired and worn-out.					
... I felt strong and full of energy.					
... I had fun and laughed a lot.					
... I was bored.					
... I felt alone.					
... I was scared.					
... I was proud of myself.					
... I felt on top of the world.					
... I felt pleased with myself.					
... I had lots of good ideas.					
... I got on well with my parents.					
... I felt fine at home.					
... We argued at home.					

Name - _____

Class - _____

Year - _____

Statements: 'During the past week...'	Never	Rarely	Sometimes	Often	All the time
... My parents stopped me from doing certain things.					
... I played with friends.					
... Other kids liked me.					
... I got along well with my friends.					
... I felt different from other children.					
... Doing my schoolwork was easy.					
... I enjoyed my lessons.					
... I worried about my future.					
... I worried about bad marks or grades.					

Thank you for completing this survey and for your honesty!

Name - _____

Class - _____

Year - _____