



KINDL (kiddy)

KINDL is a psychometrically acceptable method of measuring quality of life in children. The KINDL consists of six dimensions; Physical wellbeing, emotional wellbeing, self-esteem, family, friends and everyday functioning. This questionnaire was developed with the aim of producing a set of flexible questions which could be answered by children of varying age groups; with this particular version targeting children in key stage 1.

Created by University Medical Center Hamburg-Eppendorf



Category

Life Satisfaction



Sub Scales

Physical Wellbeing

Emotional Wellbeing

Self-Esteem

Family Relationships

Friends

Everyday Functioning



Age Range

Key Stage 1

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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	Sometimes	Very Often
... I felt ill			
... I had a headache or tummy-ache.			
... I had fun and laughed a lot.			
... I was bored			
... I was proud of myself.			
... I felt pleased with myself.			
... I got on well with my parents.			
... I felt fine at home.			
... I played with friends.			
... I got along well with my friends.			
... I coped well with the assignments set in nursery school / kindergarten.			
... I had lots of good ideas.			

😊 **Thank you for completing this survey and for your honesty!** 😊