



Me and My Feelings (Me and My School)

Research indicates that children as young as 7-8 years old are able reporters of their own mental health. In community setting (particularly schools), self-report measurement supports screening for problems and early intervention. The measure consists of 16 items; 10 of which comprise the emotional difficulties subscale and 6 the behavioural difficulties subscale.

- Category:** Emotional Intelligence, Behaviour, Self-Esteem, Relationships
- Target Audience:** KS2, KS3, KS4
- Bounce Alerts:** This survey does not have any alerts preloaded into BounceTogether but you can add your own custom safeguarding alerts.
- Lesson Plans:** If you are a BounceTogether customer, please visit your Knowledge Centre for our full collection of lesson plans.

Interested in running this survey online, with instant reports? Contact...

www.bouncetogether.co.uk

0161 518 5242 / hello@bouncetogether.co.uk / [@bouncetogether](https://www.instagram.com/bouncetogether)

What do you need to consider before running a paper survey?

How much will it cost you to print the survey?

There are 4 pages in this survey. If you are going to print a copy for every pupil in your school, this can quickly amount to a significant expense. You also need to factor in the cost of the time it will take you or your school admin to assign the survey and analyse the findings.

How will you collect and analyse the findings?

You need to decide how you will assign the survey, when pupils will complete the questions and how you will collate the findings. It can be very difficult and time consuming to collect the data, especially if you are assigning the survey to your whole school community.

Will you be able to draw valuable insights from the questions?

Assigning the survey on paper can limit your ability to draw valuable insights from the data. You won't be able to segment or compare findings by different school groups or demographics.

Do you need to see individual pupil's results?

Unless you ask pupils to add their name to each survey, you will not be able to see their answers at the individual level. This can be critical, especially for a topic with such close links to safeguarding, as you need to be able to take action if a child answers a particular question in a concerning way.

Let us run a fully-managed survey for you!

- ✓ We will run the survey for **just £49** - use discount code 'BTSurvey'
- ✓ We will create the survey and send you a unique url to send to all pupils.
- ✓ We will analyse all findings for you and provide your results in a professionally-formatted report.
- ✓ Choose to segment findings by year groups or school groups.
- ✓ We will help you digest and understand your results in a one-to-one call.



[Click Here](#)

Me and My Feelings (Me and My School)

Here are some statements or descriptions about how you might have been feeling or thinking about things over the past couple of weeks. Please put a tick in the box underneath the answer which best describes your thoughts and feelings. There are no right or wrong answers!

Statements	Never	Sometimes	Always
I feel lonely.			
I cry a lot.			
I am unhappy.			
Nobody likes me.			
I worry a lot.			
I have problems sleeping.			
I wake up in the night.			
I am shy.			
I feel scared.			
I worry when I am at school.			
I get very angry.			
I lose my temper.			
I hit out when I am angry.			
I do things to hurt people.			
I am calm.			
I break things on purpose.			

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



Bounce Together

- ✓ Access the largest repository of evidence-based, fully researched surveys for pupils, staff and parents.
- ✓ Produce clear, presentation ready reports to share instantly with different stakeholders.
- ✓ Use powerful insights to make confident, data-driven decisions on your whole-school wellbeing strategy.
- ✓ Easily filter and segment findings to make comparisons between year groups, classes, and school demographics.
- ✓ Be alerted in real-time to concerning responses, dips in wellbeing, and add unfiltered pupil to your safeguarding records.
- ✓ Use our collection of fully-researched lesson plans to develop targeted action plans for pupils and cohorts.



Book a demo today

@bouncetogether



www.bouncetogether.co.uk



[Click Here](#)