



Student questionnaire - Let's Talk Wellbeing

Please complete this short questionnaire to help Phase understand the benefit, impact and effectiveness of our material. Please be honest, your thoughts and opinions count and you will not hurt our feelings!

We do not ask for you name, just age, gender and year group.

Thank you!

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1. What is your gender?

Why do we ask this question? Research shows that people engage in different ways, therefore, we want to make sure that our material is the best it can be for everyone.

☐ Male ☐ Female ☐ Unspecified

2. How old are you? _____

3. What year group are you in? _____

Pre lesson/assembly questions

Please complete these questions honestly, there are no right or wrong answers.

4. How would you rate your level of understanding of mindfulness?

Extremely low ☐ ☐ ☐ ☐ ☐ ☐ Extremely high

5. How well do you think you apply mindfulness in everyday life?

Not very well ☐ ☐ ☐ ☐ ☐ ☐ Extremely well

6. How able do you feel in talking to others about thoughts or feelings?

Very poorly ☐ ☐ ☐ ☐ ☐ ☐ Very well



Post lesson/assembly questions

Below are the exact same questions you answered before the lesson or assembly. Please complete these questions honestly, there are no right or wrong answers.

4. How would you rate your level of understanding of mindfulness?

Extremely low ☐ ☐ ☐ ☐ ☐ ☐ Extremely high

5. How well do you think you apply mindfulness in everyday life?

Not very well ☐ ☐ ☐ ☐ ☐ ☐ Extremely well

6. How able do you feel in talking to others about thoughts or feelings?

Very poorly ☐ ☐ ☐ ☐ ☐ ☐ Very well

This form can be completed on line via this [link](#)