



Oxford
International
Lower Secondary

7

Wellbeing

Activity Book



OXFORD



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OXFORD

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How happy are you?

Tick the box that matches how you feel about each area.

0 = Very unhappy 5 = Neither happy nor unhappy 10 = Very happy

1. How happy are you with your life? Tick one box.

Very unhappy					Neither happy nor unhappy						Very happy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
0	1	2	3	4	5	6	7	8	9	10	

2. How happy are you with your relationships with your family? Tick one box.

Very unhappy					Neither happy nor unhappy						Very happy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
0	1	2	3	4	5	6	7	8	9	10	

3. How happy are you with what you have (like money and the things you own)? Tick one box.

Very unhappy					Neither happy nor unhappy						Very happy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
0	1	2	3	4	5	6	7	8	9	10	

4. How happy are you with your health? Tick one box.

Very unhappy					Neither happy nor unhappy						Very happy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
0	1	2	3	4	5	6	7	8	9	10	

5. How happy are you with your relationships with your friends? Tick one box.