Oxford International Primary

4

Wellbeing

Activity Book

OXFORD

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OXFORD

Contents

How are you feeling?

How do you feel about each part of your life?
Tick **one box** for each question.

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

1. How happy are you with your life?

Very unhappy					Neither happy nor unhappy					Very happy
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
0	1	2	3	4	5	6	7	8	9	10

2. How happy are you with your relationships with your family?

Very unhappy					Neither happy nor unhappy					Very happy
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
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)?

Very unhappy					Neither happy nor unhappy					Very happy
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
0	1	2	3	4	5	6	7	8	9	10

4. How happy are you with your health?

Very unhappy					Neither happy nor unhappy					Very happy
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
0	1	2	3	4	5	6	7	8	9	10