



Oxford  
International  
Primary

6

# Wellbeing

Activity Book



OXFORD



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Activity Book



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OXFORD

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# How happy are you?

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

## 5. How happy are you with your relationships with your friends?

Very  
unhappy

Neither happy  
nor unhappy

Very  
happy

0

1

2

3

4

5

6

7

8

9

10

## 6. How happy are you with the school you go to?

Very  
unhappy

Neither happy  
nor unhappy

Very  
happy

0

1

2

3

4

5

6

7

8

9

10

## 7. How happy are you with your school work?

Very  
unhappy

Neither happy  
nor unhappy

Very  
happy

0

1

2

3

4

5

6

7

8

9

10

## 8. How happy are you with what you think might happen in your future?

Very  
unhappy

Neither happy  
nor unhappy

Very  
happy

0

1

2

3

4

5

6

7

8

9

10

# 1A Sleep hygiene

Some children are talking about their sleep routines.

Discuss about each routine.

- Is it a helpful routine?
- Why? Why not?
- Can you recommend a different sleep routine?

I use my phone as an alarm clock. I need it in my bedroom. I often play games on it when I can't sleep.

I get up early on school days to catch the bus. At weekends I stay in bed until lunch!



I like sleeping with my curtains open. I love waking up to sunlight!

I don't like waking up in the night. It's so hard to get back to sleep.

## My sleep hygiene routine:

In the morning, I will \_\_\_\_\_

During the day, I will \_\_\_\_\_

Before going to bed, I will \_\_\_\_\_

To help me sleep at night, I will \_\_\_\_\_