BOX OF FEELS SCHOOL PILOT · BEFORE AND AFTER CHECK

How am I going with feelings?

☐ Before (week 0) ☐ After (week 5)

For children

No names. The teacher reads each one aloud. Circle one face. There are no right answers.

1	I can tell when a big feeling starts.	Not yet	A bit	Yes
2	I have words for my feelings.	Not yet	A bit	Yes
3	I know what helps me.	Not yet	A bit	Yes
4	I know a grown-up I can tell.	Not yet	A bit	Yes
5	I can calm myself down.	Not yet	A bit	Yes

CUT HERE. THE TEACHER FILLS IN THE HALF BELOW ONCE, BEFORE AND AFTER

For the teacher

Thinking about the class as a whole. Circle one: 1 not at all, 3 sometimes, 5 nearly always.

1	Children in this class can tell when a big feeling is starting.	1	2	3	4	5
2	Children use words for feelings beyond happy, sad and angry.	1	2	3	4	5
3	Children can say or show what would help them.	1	2	3	4	5
4	Children know which grown-ups they can go to.	1	2	3	4	5
5	Children settle after a big feeling with less help from me.	1	2	3	4	5

Three short questions

1. What do children in this class most often do with a big feeling right now?

2. What is one thing you have seen or heard a child do with a feeling in the last fortnight?

3. Anything else we should know?

A practice tool, not therapy, and not for a crisis. If a child is unsafe, follow your child protection procedure and get help now: Kids Helpline 1800 55 1800 (free, any time), or 000 in an emergency.