



Panorama Mental Health and Well-Being

To better support you, your school and teachers would like to ask you some questions about how you think and feel. Only your teachers and school leaders will be able to see your responses, which will not affect your class grades. Please respond honestly—there are no right or wrong answers!

Safety & Security

Are you concerned: Y/N

1. When you are at home, do you miss meals because there is not enough food?

Yes No

2. Do you live in a tent, a camper, a hotel, a homeless shelter or in someone else's house with friends or another family?

Yes No

3. Do you worry about anyone in your family being sick?

Yes No

4. Do you have an adult at school you trust?

Yes No

5. If so, who?

6. Do you have an adult at home you trust?

Yes No

Your Feelings

These questions ask about how you've been feeling recently. Please respond honestly—there are no right or wrong answers! You do not have to answer any of these questions, but any answers you do give will help us better support you and other students. Only your teachers and school leaders will be able to see your responses, which will not affect your class grades.

During the past week, how often did you feel...?

7. Happy

Almost never Once in a while Sometimes Frequently Almost always



8. Safe

Almost never

Once in a while

Sometimes

Frequently

Almost always

9. Kind

Almost never

Once in a while

Sometimes

Frequently

Almost always

10. Mad

Almost never

Once in a while

Sometimes

Frequently

Almost always

11. Sad

Almost never

Once in a while

Sometimes

Frequently

Almost always

12. Worried

Almost never

Once in a while

Sometimes

Frequently

Almost always

13. Afraid

Almost never

Once in a while

Sometimes

Frequently

Almost always

14. For my teachers to best support me, they need to know this about me...

Feelings in General

In this section, we are hoping to learn how you experience different emotions that may occur in your life (whether inside or outside of school).

15. When you are mad, how often can you find ways to feel better?

Almost never

Once in a while

Sometimes

Frequently

Almost always

16. How often are you able to control your feelings when you need to?

Almost never

Once in a while

Sometimes

Frequently

Almost always

17. Do you know self-calming skills (breathing, taking a break, positive self-talk, identify current feelings)?

Yes

No



18. Do you use self-calming skills (breathing, taking a break, positive self-talk, identify current feelings)?

Yes No

19. Would you like to talk privately with someone about your well-being or any of the questions on this survey?

Yes No

SAMPLE FORM