

Self-Worth & Confidence Check-In Questionnaire for Key Stage 2

Name: _____

Date: _____

1. How do you feel about yourself today?

- I feel good about myself! 😊
 - I feel okay.
 - I don't feel very good about myself today.
-

2. What is something you like about yourself?

(Write or draw!)

3. When you try something new, how do you usually feel?

- Excited and ready to try!
 - A little nervous but I try anyway.
 - I don't like trying new things.
 - Other: _____
-

4. What is something you are proud of doing recently?

(Write or draw!)

5. If you make a mistake, what do you tell yourself?

- Mistakes help me learn!
- It's okay, everyone makes mistakes.
- I feel upset or worried.
- Other: _____

6. Who helps you feel confident?

(You can choose more than one!)

- Family (parents, brothers, sisters)
- Friends
- Teachers or adults at school
- Myself!
- Other: _____

7. On a scale of 1 to 5, how confident do you feel today?

(1 = Not confident, 5 = Very confident)

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Thank you for sharing! Remember, you are important and special just as you are! 🌟