











Mindfulness & Calmness Check-In Questionnaire



1. When you feel upset or stressed, what do you usually do?

(Tick any that you often try)

-  Take deep breaths
 -  Sit quietly or meditate
 -  Listen to calming music
 -  Walk or move around
 -  Talk to someone
 -  Shout or get angry
 -  Keep it inside
 -  Other: _____
-



2. How often do you stop and notice how you're feeling?

-  Very often
 -  Sometimes
 -  Not often
 -  Never
-



3. Do you ever take time to slow down and just be still?

- 🧘 Yes, I enjoy quiet moments
 - 😞 Sometimes, but not often
 - 😞 No, it's hard for me to be still
 - ? I don't know how
-

😊 4. How calm do you usually feel during the school day?

- ☀ Very calm and focused
 - 😊 Mostly calm, with a few busy moments
 - 😞 Often feel a bit rushed or restless
 - 🌀 I feel stressed or overwhelmed a lot
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🧘 5. Have you ever tried mindfulness activities (like breathing, guided imagery, or body scans)?

- ✅ Yes, and I liked it
 - 😞 I've tried it, but I'm not sure if it helped
 - ❌ No, I haven't tried it
 - 😞 I don't know what mindfulness is
-

🌳 6. What helps you feel calm or peaceful?

(Open-ended)

 **7. Would you like to have more time in school to relax and be mindful?**

- 🌟 Yes, that would help me
- 😊 Maybe, I'm curious
- 😞 Not really
- ❌ No, I don't enjoy that

 **8. What does being “mindful” mean to you?**

(Open-ended)

 **9. Is there anything that makes it hard for you to stay calm at school?**

(Open-ended)