Name: _____ Age: _____

Grade: _____ Date: _____

1. How do you feel in class?



- ___ Focused and attentive
- ___ Distracted and restless
- ___ Bored or disinterested
- ___ Other (please describe): _____

2. What helps you concentrate?

- ___ Having a quiet workspace
- ___ Taking short breaks
- ___ Listening to music
- ___ Using fidget toys or tools
- ___ Other (please describe): _____

3. What makes it hard for you to focus?

- ___ Noise or distractions in the classroom
- ___ Feeling anxious or worried
- ___ Long periods of sitting still
- ___ Feeling tired or sleepy
- ___ Other (please describe): _____

4. How do you feel about completing homework?

- ___ I enjoy it and find it easy to focus
- ___ I find it challenging to stay on task
- ___ I procrastinate and struggle to get started
- ___ Other (please describe): _____

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5. What subjects do you find most interesting?



- ___ Math
- ___ Science
- ___ Language Arts
- ___ History
- ___ Other (please describe): _____

6. How do you feel about group activities or projects?

- ___ I enjoy working with others
- ___ I find it difficult to focus with others around
- ___ I prefer to work alone
- ___ Other (please describe): _____

7. What do you think would help you succeed in school?

- ___ Having more breaks during the day
- ___ Using tools or strategies to stay organised
- ___ Getting extra help or support from teachers
- ___ Other (please describe): _____

8. How do you feel about studying for upcoming tests?

- ___ I feel confident and prepared
- ___ I find it overwhelming and stressful
- ___ I prefer not to study and just rely on what I know
- ___ Other (please describe): _____

9. How do you feel after physical activity or exercise?

- ___ More focused and energised
- ___ Tired or worn out
- ___ No change
- ___ Other (please describe): _____

LIVEWORKSHEETS