

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): \_\_\_\_\_

## 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): \_\_\_\_\_