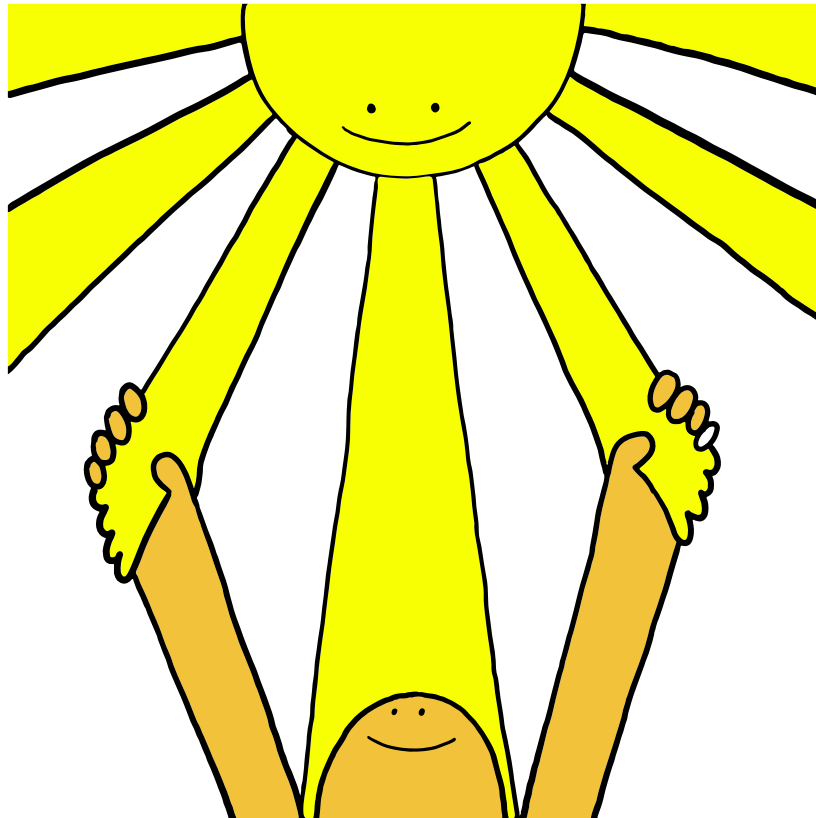


Well-being Canada Student Self-Assessment



Kindergarten - Grade 3

In-Program Assessment

Lessons 1-4

Have students read each question, or read questions aloud to them. Students will circle "Yes" if they agree with each statement, or "No" if they disagree with the statement. For long response answers, students may draw their answer, or write them in a sentence depending on the abilities of your students.



1. Well-being is when we feel healthy and happy.

- a. Yes
- b. No

2. Well-being looks and feels the same to everyone.

- a. Yes
- b. No

3. Mindfulness means to pay attention to what is happening in the moment.

- a. Yes
- b. No

4. What is one thing that can affect how you are feeling? Write or draw a picture.

5. Stress is what you feel when you are calm and happy.

- a. Yes
- b. No

6. What is one thing that makes you feel better when you are upset? Write or draw a picture.

7. After lessons 1-4, do you feel you know how to take care of your well-being better than before?

- a. Yes
- b. No

Lessons 1-4: Answer Key

1. Well-being is when we feel healthy and happy.

- a. Yes
- b. No

2. Well-being looks and feels the same to everyone.

- a. Yes
- b. No

3. Mindfulness means to pay attention to what is happening in the moment.

- a. Yes
- b. No

4. What is one thing that can affect how you are feeling? Write or draw a picture.

Example answers: The weather, if you're hungry, if you had a good night's sleep, the people you are with, the activity you're doing, etc.

5. Stress is what you feel when you are calm and happy.

- a. Yes
- b. No

6. What is one thing that makes you feel better when you are upset? Write or draw a picture.

Example answers: my friends, eating, resting, taking a deep breath, going outside, playing, my stuffed animal, etc.

7. After lessons 1-4, do you feel you know how to take care of your well-being better than before?

- a. Yes
- b. No

Answers may vary.

Lessons 5-7

Have students read each question, or read questions aloud to them. Students will circle "Yes" if they agree with each statement, or "No" if they disagree with the statement. For long response answers, students may draw their answer, or write them in a sentence depending on the abilities of your students.

1. Feeling thankful and gratitude are the same thing.

- a. Yes
- b. No

2. Gratitude can make your body unhealthy.

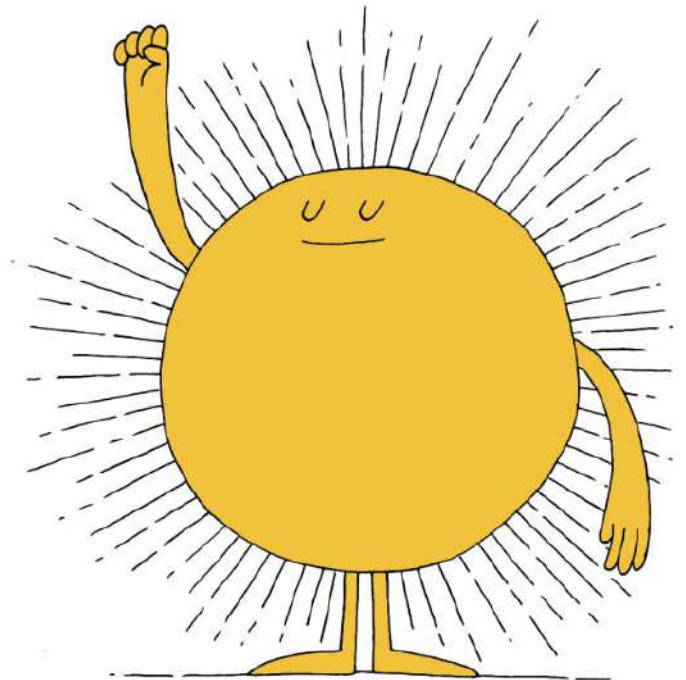
- a. Yes
- b. No

3. Gratitude can help you sleep better.

- a. Yes
- b. No

4. Draw or write to show how gratitude makes you feel.

5. Draw or write to show how you like to show gratitude.



Lessons 5-7: Answer Key

1. Feeling thankful and gratitude are the same thing.

- a. Yes
- b. No

2. Gratitude can make your body unhealthy.

- a. Yes
- b. No

3. Gratitude can help you sleep better.

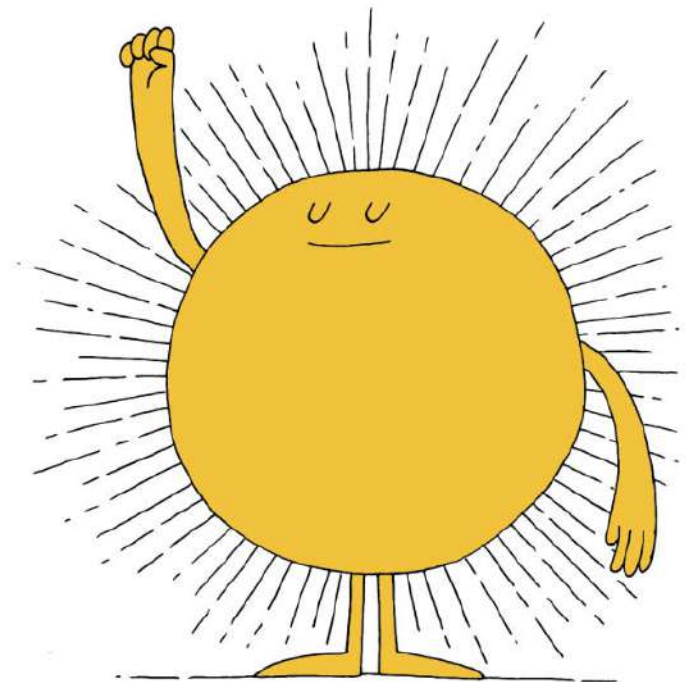
- a. Yes
- b. No

4. Draw or write to show how gratitude makes you feel.

Answers may vary, however if a student indicates negative feelings related to gratitude, be sure to follow up with that student. There are many reasons this could be the case, such as cultural differences or trauma, so a negative answer is not necessarily wrong and should be addressed with empathy.

5. Draw or write to show how you like to show gratitude.

Answers may vary, check for understanding.



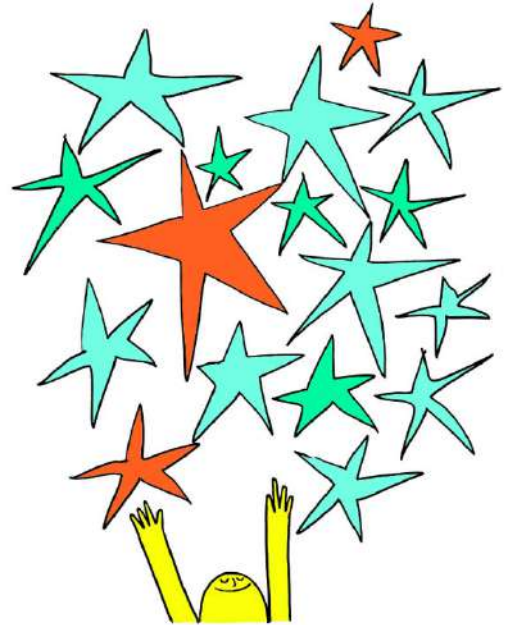
Lessons 8-9

Have students read each question, or read questions aloud to them. Students will circle "Yes" if they agree with each statement, or "No" if they disagree with the statement. For long response answers, students may draw their answer, or write them in a sentence depending on the abilities of your students.

1. When you understand how your friend feels when they are sad, you have empathy for them.

- a. Yes
- b. No

2. Draw or write to show examples of two emotions.



3. Someone who lost their favorite toy would likely feel calm.

- a. Yes
- b. No

4. Draw or write how someone would likely feel if a friend wouldn't let them play.

5. Empathy and compassion are the same thing.

- a. Yes
- b. No

6. When you try to help someone feel better, you are showing compassion.

- a. Yes
- b. No

Lessons 8-9: Answer Key

1. When you understand how your friend feels when they are sad, you have empathy for them.

- a. Yes
- b. No

2. Draw or write to show examples of two *emotions*.

Answers may vary, check for understanding.

3. Someone who lost their favorite toy would likely feel calm.

- a. Yes
- b. No

4. Draw or write how someone would likely feel if a friend wouldn't let them play.

Picture or sentence should show a negative emotion, such as sadness or anger. Answers may vary, check for understanding.

5. Empathy and compassion are the same thing.

- a. Yes
- b. No

6. When you try to help someone feel better, you are showing compassion.

- a. Yes
- b. No

Lessons 10-13

Have students read each question, or read questions aloud to them. Students will circle "Yes" if they agree with each statement, or "No" if they disagree with the statement. For long response answers, students may draw their answer, or write them in a sentence depending on the abilities of your students.

1. If a friend is having trouble with math and you help them, you are showing altruism.

- a. Yes
- b. No

2. If a friend is having trouble with reading and you tell them "I will help you with reading if you give me your toy," you are showing altruism.

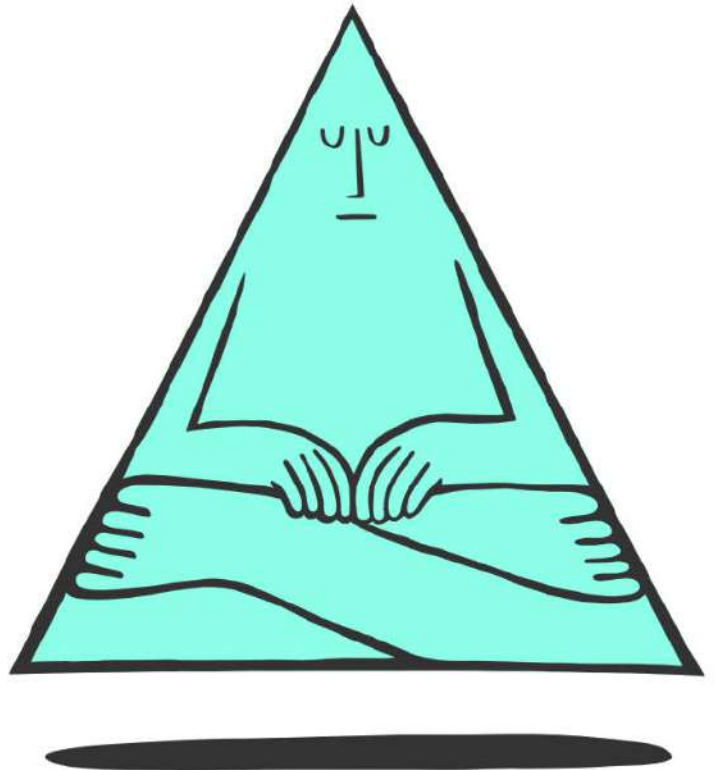
- a. Yes
- b. No

3. Draw or write to show how you can act with altruism at home.

4. You can do acts of altruism anywhere.

- a. Yes
- b. No

5. Draw or write to show how others feel when we act with altruism for them.



Lessons 10-13: Answer Key

1. If a friend is having trouble with math and you help them, you are showing altruism.

- a. Yes
- b. No

2. If a friend is having trouble with reading and you tell them "I will help you with reading if you give me your toy," you are showing altruism.

- a. Yes
- b. No

3. Draw or write to show how you can act with altruism at home.

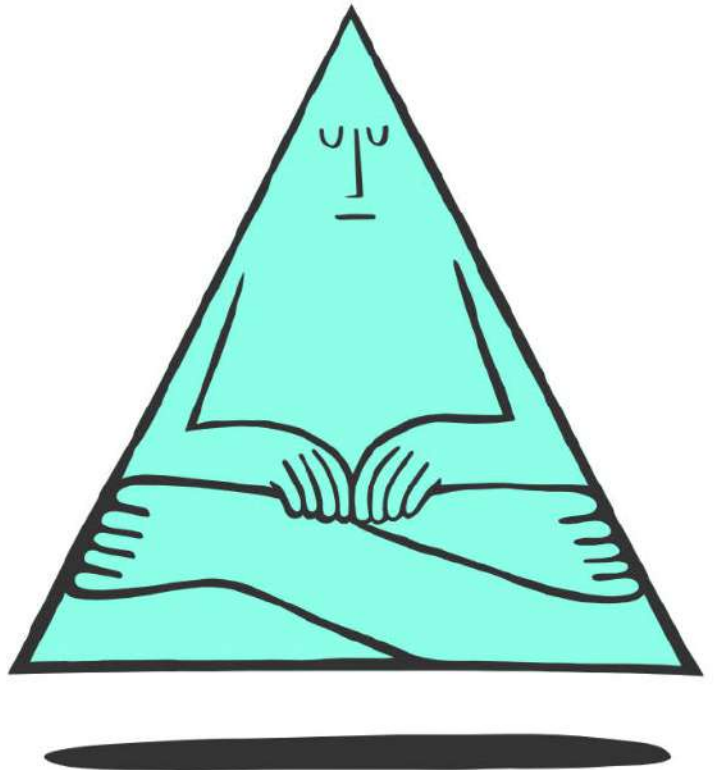
Answers will vary, check for understanding and accuracy.

4. You can do acts of altruism anywhere.

- a. Yes
- b. No

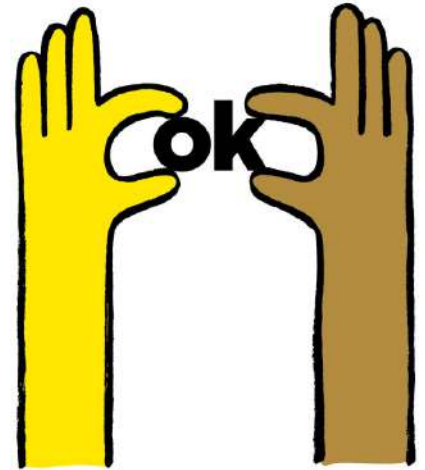
5. Draw or write to show how others feel when we act with altruism for them.

Answers may vary, but pictures or sentences should show positive feelings. If the picture or sentence shows a negative feeling, be sure to follow up with that student to understand why. Negative feelings are not necessarily a wrong answer, so be sure to approach students with empathy.



Lessons 14-15

Have students read each question, or read questions aloud to them. Students will circle "Yes" if they agree with each statement, or "No" if they disagree with the statement. For long response answers, students may draw their answer, or write them in a sentence depending on the abilities of your students.



1. Resilience means doing your best even when things are hard.

- a. Yes
- b. No

2. Draw or write to show something that used to be hard for you, but now it is not so hard anymore.

3. Look back at what you drew or wrote in number 2. Do you think the thing that used to be hard would be easier now if you had given up trying?

- a. Yes
- b. No

4. Mindfulness is showing other people that you care.

- a. Yes
- b. No

5. Gratitude is feeling thankful for someone or something.

- a. Yes
- b. No

6. Compassion is showing someone you understand how they feel and trying to help them feel better.

- a. Yes
- b. No

7. Circle which one shows how well you understand well-being.

- a. I still don't know what well-being is
- b. I know what well-being is, but have a hard time taking care of my well-being
- c. I know what well-being is and I'm starting to take better care of my well-being
- d. I know what well-being is and I am good at taking care of my well-being

8. Draw or write to show what you can do when you feel your well-being is unwell.

Lessons 14-15: Answer Key



1. Resilience means doing your best even when things are hard.

- a. Yes
- b. No

2. Draw or write to show something that used to be hard for you, but now it is not so hard anymore.

Answers will vary, check for understanding.

3. Look back at what you drew or wrote in number 2. Do you think the thing that used to be hard would be easier now if you had given up trying?

- a. Yes
- b. No - No is the ideal answer here. If students answer "yes," consider following up with that student to understand why they chose that answer

4. Mindfulness is showing other people that you care.

- a. Yes
- b. No

5. Gratitude is feeling thankful for someone or something.

- a. Yes
- b. No

6. Compassion is showing someone you understand how they feel and trying to help them feel better.

- a. Yes
- b. No

7. Circle which one shows how well you understand well-being.

- a. I still don't know what well-being is
- b. I know what well-being is, but have a hard time taking care of my well-being
- c. I know what well-being is and I'm starting to take better care of my well-being
- d. I know what well-being is and I am good at taking care of my well-being

Answers will vary. Follow up with students who choose A or B, as they may need more support in enhancing their well-being. Students that answer C or D will hopefully be on the right track to understanding how to care for their well-being and that of others, but try to be mindful of signs from students that may show otherwise.

8. Draw or write to show what you can do when you feel your well-being is unwell.

Answers will vary, check for understanding. Be sure to follow up with students to express a lack of strategies for enhancing their well-being.

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