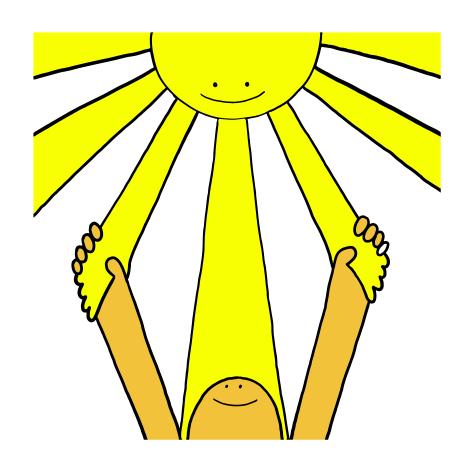


Well-being Canada Teacher Self-Assessment



EDUCATOR RESOURCE

Pre and Post Program Assessment

THE ROAD TO POSITIVE WELL-BEING IN EVERY CLASSROOM STARTS HERE



Pre-Assessment

1. How well do your students understand what well-being is?

Complete this assessment before implementing the Well-being program with your students.

no underst	anding	low	average	above average	excelle	ent					
2. How often do you see your students exhibiting the ability to care for their well-being and that of others?											
never	rarely	sometimes	often o	continuously							
3. Circle the words below that you are confident your students understand the meaning of:											
mindfulne	ss gratiti	ude empat	:hy compas	sion altruism	resilience						
4. Circle the words below that you are confident your students practise often:											
mindfulne	ss gratit	ude empat	thy compas	sion altruism	resilience						
5. Please add an X to the option that currently reflects your classroom environment:											
Our classroom severely lacks positive relationships											
Our classroom struggles with positive relationships											
Our classroom generally nurtures positive relationships											
Our classroom nurtures positive relationships											
Other:											
6. How would you rate how your current classroom environment affects your well-being as a teacher and person?											
negative	somewl	nat negative	neutral	somewhat positiv	e positi	ve					
7. How well do you currently prioritize your own well-being as a teacher and person?											
No priority low priority average priority above average priority high priority											



Post-Assessment

Complete this assessment after implementing the Well-being program with your students.

1. How well o	do your stu	idents und	derstand wha	at well-being i	s?						
no understa	nding	low	average	above averaç	je exce	ellent					
2. How ofter	n do you se	ee your stu	udents exhib	iting the abilit	y to care fo	or their well-be	eing and that of others?				
never	rarely	some	etimes	often	continuo	continuously					
3. Circle the	words bel	ow that yo	ou are confid	ent your stude	ents under	stand the mea	ning of:				
mindfulness	grat	titude	empathy	compas	sion	altruism	resilience				
4. Circle the	words bel	ow that yo	ou are confid	ent your stude	ents practis	se often:					
mindfulness	grat	titude	empathy	compas	sion	altruism	resilience				
5. Please add	d an X to t	he option	that currentl	y reflects you	r classroom	n environment:					
Ou	r classroom	n severely	lacks positive	e relationships							
Our classroom struggles with positive relationships											
			·	•							
			·	sitive relations	mps						
Ou	r classroom	n nurtures	positive relat	tionships							
Oth	ner:										
6. How woul	d you rate	how your	current class	room environ	ment affec	cts your well-bo	eing as a teacher and person?				
negative	somewha	at negative	e neutra	l somewh	at positive	positive					
7. How well o	do you cur	rently pric	oritize your o	wn well-being	as a teach	er and person	?				
No priority	low pric	ority	average prio	rity abov	e average	priority	high priority				
8. Do you fe	el that the	Well-bein	g curriculum	has brought	change to	your classroon	n? Why or why not?				
9. Do you fewhy not?	el that you	r persona	l well-being	has changed o	during the	course of the V	Vell-being program? Why or				





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