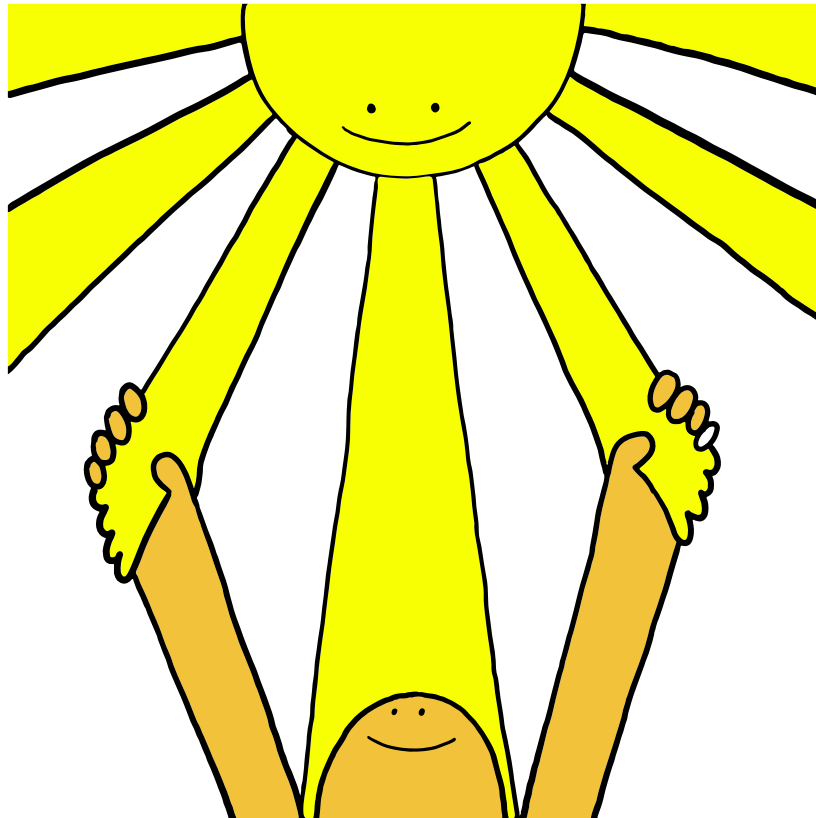


Well-being Canada Teacher Self-Assessment



EDUCATOR RESOURCE

Pre and Post Program Assessment

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

Pre-Assessment

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



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

no understanding low average above average excellent

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 continuously

3. Circle the words below that you are confident your students understand the meaning of:

mindfulness gratitude empathy compassion altruism resilience

4. Circle the words below that you are confident your students practise often:

mindfulness gratitude empathy compassion 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 somewhat negative neutral somewhat positive positive

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 do your students understand what well-being is?

no understanding low average above average excellent

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 continuously

3. Circle the words below that you are confident your students understand the meaning of:

mindfulness gratitude empathy compassion altruism resilience

4. Circle the words below that you are confident your students practise often:

mindfulness gratitude empathy compassion 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 somewhat negative neutral somewhat positive positive

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

8. Do you feel that the Well-being curriculum has brought change to your classroom? Why or why not?

9. Do you feel that your personal well-being has changed during the course of the Well-being program? Why or why not?

**WELL~
BEING
CANADA**



wellbeing-canada.ca