**Questionnaire for Ms. Rempel’s Class (9/20)**

**Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. Something that stresses me out in life (right now) is:
2. Something that relaxes me in life (right now) is:
3. When I get mad or sad, I do this to feel better:
4. I do the following activities after school every week:
5. I feel tired (circle one):

All of the time Some of the time Very rarely

1. I feel great about myself (circle one):

All of the time Some of the time Very rarely

1. I eat healthy food and sitting at a table (circle one):

All of the time Some of the time Very rarely

1. I play tech (tablets, wii, xbox, etc.) and watch TV this many hours each day: \_\_\_\_\_\_\_\_\_ hours
2. If I could do anything for one day, I would:
3. I have a hard time sitting still and paying attention (circle one): YES NO