



Your feelings about school - Secondary




Look at a map of your school or college.

Colour in how the different parts of your school or college make you feel.

 = I feel calm or relaxed in this space

 = I feel worried/anxious in this space

 = I never want to be in this space

For the areas coloured in green, what do you like about this space?

For the areas coloured in red, what makes you never want to be in this space?

How could the red spaces be made better for you?

The Social Environment - being around people and talking to people

When we are at school or college, there are lots of other students and adults to be around and to talk to. Sometimes this feels fine, and at other times it can feel very overwhelming. How do you feel about the following:

1	2	3	4	5
• I avoid this if I can	• I am very worried about this	• I feel a little worried about this	• I am ok with this	• I enjoy this

SOCIAL ASPECT	RATING					ADDITIONAL COMMENTS
Coming into school or college.	1	2	3	4	5	
Talking to other students in the morning (e.g., during tutor/form time)	1	2	3	4	5	
Walking along the corridor at lesson changeover time.	1	2	3	4	5	
Lining up to go to a classroom before a lesson.	1	2	3	4	5	
Being in the canteen for lunch or break.	1	2	3	4	5	
When I have to go out to break with all the other students.	1	2	3	4	5	
Changing for P.E. / Games.	1	2	3	4	5	
Taking part in P.E. / Games	1	2	3	4	5	
Talking to my subject teachers.	1	2	3	4	5	
Talking to support staff.	1	2	3	4	5	
Getting to school or college and						

going home from school or college: WALKING BUS TAXI	<table border="1"> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> </table>	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	
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1	2	3	4	5													
Talking to other students in my tutor or form group.	<table border="1"> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> </table>	1	2	3	4	5											
1	2	3	4	5													
Talking to other students in my lessons.	<table border="1"> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> </table>	1	2	3	4	5											
1	2	3	4	5													

For the situations that you find most difficult, what would make these easier for you?

What would make this easier...?	
Situation	Ideas

The Learning Environment – which subjects do you like and not like?

We must learn about lots of different things when we are at school or college. Some things we find more interesting than others. How do you feel about the following:

1	2	3	4	5
• I avoid this subject if I can	• I am very worried about this subject	• I feel a little bit worried about this subject	• I am ok with this subject	• I enjoy this subject

LESSON	RATING	YOUR COMMENTS (Why that number?)
English	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>	
Maths	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>	
Science	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>	
ICT	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>	
Art	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>	
DT	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>	
Geography	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>	
History	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>	
Dance	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>	
Music	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>	
Drama	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>	
P.E./Games	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>	

R.E.	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>	
Languages (e.g., French, German, Spanish etc.)	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>	
Other?	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>	

Working in subject lessons

There are lots of different ways that we can work when we are at school or college. We might find some ways easier than others. How do you feel about the following:

1	2	3	4	5
• I avoid this if I can	• I am very worried about this	• I feel a little worried about this	• I am ok with this	• I enjoy this

CLASS ASPECT	RATING	ADDITIONAL COMMENTS
Answering questions in class.	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>	
Listening to the teacher when they are explaining what we are going to do.	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>	
Following instructions – doing what we have been told to do.	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>	
Knowing what to do to start an activity.	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>	
Working on my own.	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>	

Working with someone else (a friend or learning partner).	1 2 3 4 5	
Working in a group (with more than one person).	1 2 3 4 5	
Asking a teacher for help when I do not understand something.	1 2 3 4 5	
Working in a quiet space.	1 2 3 4 5	
Working when other students are messing around.	1 2 3 4 5	
Reading aloud in class.	1 2 3 4 5	
Writing work down.	1 2 3 4 5	
Recording what I have done in pictures, diagrams or graphs.	1 2 3 4 5	
Using a computer to record what I have done.	1 2 3 4 5	
When the teacher is telling off other students.	1 2 3 4 5	
When the teacher is marking my work.	1 2 3 4 5	
When I go into a lesson and there is a different teacher.	1 2 3 4 5	
Making sure that I have everything I need for the	1 2 3 4 5	

lesson (e.g., book, pencil case etc.)		
When there is another adult (e.g., Teaching Assistant) helping me in the lesson.	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>	
When I have to stop what I am doing before I am finished.	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>	
When the teacher uses pictures and videos to help explain things.	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>	
Doing homework.	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>	
Sharing equipment with others.	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>	
When other students try to distract me.	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>	
When I have to do a test or assessment.	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>	
When the teacher introduces a new topic I know little or nothing about.	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div>	
What is your ideal classroom or lesson? What would make school better for you?		

