

ENABLE

Social and emotional skills

Questionnaire



1	I am a positive person and believe that things will work out OK in my life	Never	Rarely	Sometimes	Often	Always
2	I try to think of different ways of solving problems	Never	Rarely	Sometimes	Often	Always
3	I can recognise what emotion I am feeling	Never	Rarely	Sometimes	Often	Always
4	I think I can do things just as well as other people	Never	Rarely	Sometimes	Often	Always
5	I'm a motivated person who wants to be successful in what I do	Never	Rarely	Sometimes	Often	Always
6	When I take a decision, I am sure it is the right one	Never	Rarely	Sometimes	Often	Always
7	I like myself	Never	Rarely	Sometimes	Often	Always
8	When things happen, I talk about how I feel	Never	Rarely	Sometimes	Often	Always
9	I'm a leader, not a follower	Never	Rarely	Sometimes	Often	Always
10	I can understand how other people are feeling	Never	Rarely	Sometimes	Often	Always
11	I find it easy to understand people's problems and sympathise with them	Never	Rarely	Sometimes	Often	Always
12	Even when I'm arguing with someone, I can understand their point of view	Never	Rarely	Sometimes	Often	Always
13	I can see when someone is upset	Never	Rarely	Sometimes	Often	Always
14	I feel sad when someone tells me about something bad that has happened to them	Never	Rarely	Sometimes	Often	Always
15	I find it easy to express myself clearly	Never	Rarely	Sometimes	Often	Always
16	I understand that banter (i.e. teasing or making jokes about someone else) can be misunderstood and upsetting	Never	Rarely	Sometimes	Often	Always

A set of 10 Social and Emotional Learning (SEL) lessons aimed at combatting bullying in a school environment by developing the social and emotional skills of young people aged 11-14.



Supported by
the Daphne Programme
of the European Union



Lesson 9

17	I think before I act and think about what might happen as a result	Never	Rarely	Sometimes	Often	Always
18	I know how my actions can make other people feel	Never	Rarely	Sometimes	Often	Always
19	I can usually calm down quickly after I get angry with someone	Never	Rarely	Sometimes	Often	Always
20	I find it easy to change my behaviour when I need to	Never	Rarely	Sometimes	Often	Always
21	I can find ways to control my emotions when I want to	Never	Rarely	Sometimes	Often	Always
22	I can deal with stress	Never	Rarely	Sometimes	Often	Always
23	If I see someone being bullied I would have to intervene	Never	Rarely	Sometimes	Often	Always
24	When I disagree with someone, I prefer to remain silent rather than make a scene	Never	Rarely	Sometimes	Often	Always
25	When I'm jealous of someone, it doesn't affect how I behave towards them	Never	Rarely	Sometimes	Often	Always
26	It's easy for me to make friends	Never	Rarely	Sometimes	Often	Always
27	I am good at resolving arguments	Never	Rarely	Sometimes	Often	Always
28	I can be a good influence on other people	Never	Rarely	Sometimes	Often	Always
29	When needed I can take control of a situation	Never	Rarely	Sometimes	Often	Always
30	I find it hard to do nothing when other people are hurt or upset	Never	Rarely	Sometimes	Often	Always
31	When my friends need me I am a good listener	Never	Rarely	Sometimes	Often	Always
32	When I disagree with someone, I am happy to tell them and why	Never	Rarely	Sometimes	Often	Always

If you intend to use the scoring feedback on Questionnaire L9R1 for students, then each question score is weighted as follows:

Never 1 Rarely 2 Sometimes 3 Often 4 Always 5

These should then correlate to the feedback score ranges identified in L9R2. However, it is worth bearing in mind that these scores are neither judgemental nor definitive but allow students to determine whether there have been any changes to the way they have responded to the questionnaire after completing the lesson sequence. An alternative approach may be to discuss the reasons behind their responses to verbalise any changes in perspective or attitude.