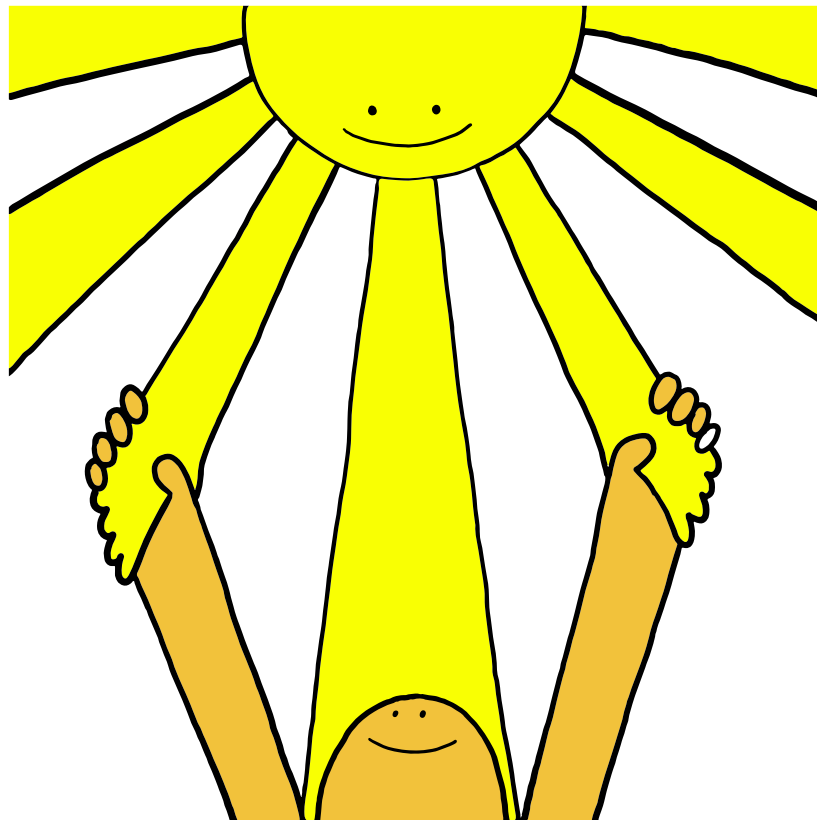


# **Well-being USA Teacher Self-Assessment**



## **EDUCATOR RESOURCE**

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### **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 practice 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 practice 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  
USA**