Me and My Feelings (M&MF)



The Me and My Feelings survey is appropriate for elementary students as young as Age 8. Its 16 self-report questions address wellbeing through two domains: emotional and behavioral difficulties. Students reply on a 3-point Likert scale (never, sometimes, always) according to the frequency they relate to statements such as "I feel lonely . . . I get very angry . . . I am calm . . . I worry when I am at school" (Wellbeing Measurement). This survey is reliable, valid, and sensitive to change. It requires citing for use in publications and contact (EBPU@annafreud.org) before use (Wellbeing Measurement).

Pros for Schools

Cons for Schools

Suggestions for Further Research

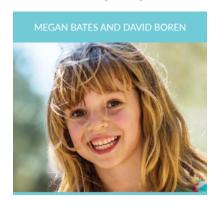
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An Educator's Practical Guide to Measuring Wellbeing





Bates, M. & Boren, D. M. (2019). *Assessing Wellbeing in Schools*. EdTech Books. Retrieved from https://edtechbooks.org/wellbeing

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