

Positive Feelings

How frequently students feel positive emotions.

Grades 6-12

Question	Response Options					
<i>During the past week, how often did you feel _____ ?</i>						
excited	Almost never	Once in a while	Sometimes	Frequently	Almost always	
happy	Almost never	Once in a while	Sometimes	Frequently	Almost always	
loved	Almost never	Once in a while	Sometimes	Frequently	Almost always	
safe	Almost never	Once in a while	Sometimes	Frequently	Almost always	
hopeful	Almost never	Once in a while	Sometimes	Frequently	Almost always	

Grades 3-5

Question	Response Options					
<i>During the past week, how often did you feel _____ ?</i>						
excited	Almost never	Once in a while	Sometimes	Frequently	Almost always	
happy	Almost never	Once in a while	Sometimes	Frequently	Almost always	
loved	Almost never	Once in a while	Sometimes	Frequently	Almost always	
safe	Almost never	Once in a while	Sometimes	Frequently	Almost always	

Challenging Feelings

How frequently students feel challenging emotions.

Grades 6-12

Question	Response Options					
<i>During the past week, how often did you feel _____ ?</i>						
angry	Almost never	Once in a while	Sometimes	Frequently	Almost always	
lonely	Almost never	Once in a while	Sometimes	Frequently	Almost always	
sad	Almost never	Once in a while	Sometimes	Frequently	Almost always	
worried	Almost never	Once in a while	Sometimes	Frequently	Almost always	
frustrated	Almost never	Once in a while	Sometimes	Frequently	Almost always	

Grades 3-5

Question	Response Options					
<i>During the past week, how often did you feel _____ ?</i>						
mad	Almost never	Once in a while	Sometimes	Frequently	Almost always	
lonely	Almost never	Once in a while	Sometimes	Frequently	Almost always	
sad	Almost never	Once in a while	Sometimes	Frequently	Almost always	
worried	Almost never	Once in a while	Sometimes	Frequently	Almost always	

FREE-RESPONSE QUESTIONS

Thinking about everything in your life right now, what makes you feel the happiest?

Thinking about everything in your life right now, what feels the hardest for you?

What can teachers or other adults at school do to better support you? *[Grades 6-12]*

What can teachers or other adults at school do to better help you? *[Grades 3-5]*

Supportive Relationships

How supported students feel through their relationships with friends, family, and adults at school.

Grades 6-12

Question	Response Options	
Do you have a teacher or other adult from school who you can count on to help you, no matter what?	No	Yes
Do you have a family member or other adult outside of school who you can count on to help you, no matter what?	No	Yes
Do you have a friend from school who you can count on to help you, no matter what?	No	Yes
Do you have a teacher or other adult from school who you can be completely yourself around?	No	Yes
Do you have a family member or other adult outside of school who you can be completely yourself around?	No	Yes
Do you have a friend from school who you can be completely yourself around?	No	Yes

Grades 3-5

Question	Response Options	
Do you have a teacher or other adult from school who you can count on to help you, no matter what?	No	Yes
Do you have a family member or other adult outside of school who you can count on to help you, no matter what?	No	Yes
Do you have a friend from school who you can count on to help you, no matter what?	No	Yes

BACKGROUND QUESTIONS

What is your gender?

What grade are you in?

What is your race or ethnicity?

Please indicate the primary language you speak at home.

What kinds of grades do you usually get?



Panorama Education partners with K-12 schools and districts across the country to collect and analyze data about social-emotional learning, school climate, family engagement, and more. With research-backed surveys and a leading technology platform, Panorama helps educators act on data and improve student outcomes. Panorama supports more than 10 million students in 17,000 schools across 49 states, including those in the New York City Department of Education, Dallas Independent School District, Seattle Public Schools, and San Francisco Unified School District.

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