

Time to Reflect

Activity: How are you doing? Wellbeing Survey



Children's Parliament has been conducting 'How are you doing?', a national wellbeing survey for children aged 8 to 14 throughout the period of school closure and lockdown. This was completed by thousands of children in April, May and June 2020 and the results are enabling decision-makers to hear directly from children across Scotland as they develop the coronavirus response. The latest, and final, survey is now open and available here: bit.ly/Coronavirus_Kids. Children do not need to have taken the survey before to participate.

We welcome your support in supporting children to complete the survey online during the school day. We have designed this activity in two parts – the first introduces the idea of a survey and the 'How are you doing?' Wellbeing survey. The second helps children understand and practice the five-point scale used in the Wellbeing survey and invites the children to participate.

Alternatively, you may wish to introduce the survey in class time (Activity 1) and send information to parents/carers to support children to complete the survey at home.

Links to Curriculum for Excellence Experiences and Outcomes

- I am aware of and able to express my feelings and am developing the ability to talk about them. *HWB 1-01a/HWB 2-01a/HWB 3-01a*
- As I explore the rights to which I and others are entitled, I am able to exercise these rights appropriately and accept the responsibilities that go with them. I show respect for the rights of others. *HWB 1-09a/HWB 2-09a/HWB 3-09a*

Learning Intentions

- Learners are informed about the national 'How are you doing?' wellbeing survey.
- Learners have their say and participate in the survey in school time or at home.

Duration

Activity 1 – 30 - 45 minutes

Activity 2 – 30 – 45 minutes*

*The 'How are you doing?' Wellbeing survey takes approximately 5-7 minutes to complete online.

What You Need

- Template N (one per child printed on to A4 paper)
- Colouring Pens
- 5 x A3 Paper or Card
- Marker Pen
- Template O (printed and cut in half, one half for each child)
- PCs / Tablets (if children are completing online survey at school)

Activity 1 - What is a Survey?

Begin the activity with a whole class discussion. Pose the question: 'What is a survey?' and invite the children to share their understanding. Explain that a survey is used to gather information about individuals or groups. It is usually made up of a series of questions.

You may like to use the following discussion prompts before moving on to explain key elements of a survey:

- Have we ever done a survey in class?
- Have you ever done a survey outside school?
- What could a person use a survey to find out?
- How do you create a question for a survey?

Questions can be open. This means when you ask a question, the person can give the answer they want to give. For example, if the survey was about children's hobbies you could ask: *What hobbies do you have?*

Questions can have multiple choices. This means when you ask a question, you give a list of possible answers and the person picks the answer that suits them best (they might be able to pick more than one answer). For example, if the survey was about children's hobbies you could ask: *Do you do any of these things as a hobby?*

- Collect fossils
- Read books
- Baking
- None of the above

Questions can have a scale. This means a person can say how much they agree with something. For example if the survey was about children's hobbies you could ask: *How important do you think it is that children have a hobby?*

Very important – Important – Not important

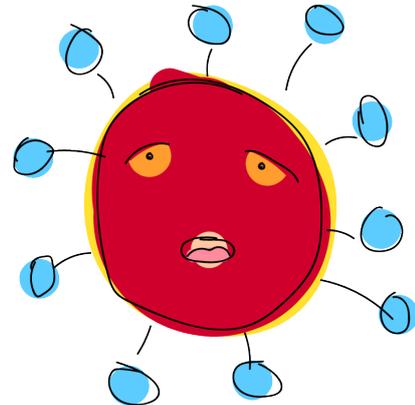
Using Template N and colouring pens, invite the children to make their own surveys using each type of question. You may like to give them suggested topics. Invite the children to swap their survey with another child to complete.

Activity 2 – ‘How are you doing?’ Wellbeing Survey

Introduce the survey to the children. Explain that Children’s Parliament is using a survey to find out how children across Scotland are doing. It is called ‘How are you doing?’ The survey was used when the schools were closed and everyone was in lockdown. Ask the children: *Did anyone here complete the survey during lockdown?* Explain that Children’s Parliament want to find out how children are doing now.

In the Children’s Parliament survey, explain that there are lots of statements (short sentences). For example, “I enjoy learning new things”. The five-point scale is this:

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree



It is important to remind the children that there are no right or wrong answers to the survey questions: it’s asking children about what they think and how they feel.

Explain that you will practice using this scale with some questions you have prepared. Using the five pieces of paper or card and marker pen, write one of the five-points (above) on each sheet. Place your ‘scale’ in different places, either tacking to a wall or on the floor. Explain to the children that you will read a statement and they must run to the point that matches their response. Here are a couple of sample statements:

- The worst thing about Scotland is the weather.
- Pizza is the best food ever invented.

Return to the ‘How are you doing?’ survey statement “I enjoy learning new things” and practice the responses again. It is important to affirm choices and give confidence to the children as they use the scale provided. Invite some of the children to share why they have chosen to stand where they are. It can be particularly helpful to encourage children to reflect on why they have chosen ‘strongly agree’ instead of ‘agree’, or ‘strongly disagree’ instead of ‘disagree’. You might also like to ask children who have chosen ‘Neither agree or disagree’.

Finally, introduce the online survey as something children can do in class, or something for them to do at home (see Template O for letters home).



My Survey

Choose a topic for your survey. Next, create your questions.

- Question 1 is an open question.
- Question 2 is a multiple choice question. Use the letters a - e to give your answer options.
- Question 3 is a question that uses a scale (which you decide!). Use the line to mark points on your scale.

Question 1:

Answer:

Question 2:

- a)
- b)
- c)
- d)
- e)

Question 3:



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Dear parent/carer,

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bit.ly/Coronavirus_kids

We have talked about the survey in school. The survey is confidential and anonymous - children are not asked their name or personal details. Children can complete the survey on their own, or parents/carers can support their child to do so. It should take your child approximately 5 - 7 minutes to complete.

Thank you

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