

ACTIVITY

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MIN

'How are you going?' online quiz for students

Self-awareness is one of the most important skills for young people to develop to help manage stress. It's the ability to accurately recognise emotions, thoughts and values, and to understand how they influence behaviour. This survey will help your students develop a sense of how they're currently feeling, recognise times when they may require help, and examine practical ways to manage their emotions.

RESOURCES NEEDED

- ▶ One device per person (or independent access to an internet-connected device)
- ▶ [How are you going?](#) survey web page open on each device: ReachOut.click/HowYouGoing

INSTRUCTIONS

1. Ask students to access the [How are you going?](#) survey and complete it independently. Remind them that it's an anonymous survey, but that there are support options available to them if they're not feeling well.
2. After completing the survey, invite students to discuss the following questions with a partner:
 - How valuable do you think this tool is in helping young people to assess how they are feeling?
 - Discuss three sources of help you can access if you aren't feeling great.
 - Explore other practical ways you can regularly check in on and manage your emotions.

DEBRIEF

Self-awareness makes it possible for students to assess how they're going on a day-to-day basis and to determine whether they need help or support. They can then decide how to seek help – such as through friends, family, professionals, other trusted people, or online through ReachOut.com.

You or your students may discover that additional support is appropriate. For more info on what's available, check out the support services handout later in this resource.

*This activity is part of the **Study Stress and Meditations** series of [Wellbeing Fives](#).*

