

### AEF Short Wellbeing Survey (Version 3)

This survey asks questions about how you are feeling and how you are moving your body. This is about you and your thoughts - there are no right or wrong answers.

Your answers will be shared with researchers. They will use them to help other people to feel happier and healthier.

You don't have to fill out this survey, and you can stop or change your mind at any time.

If you have any questions about the survey, or you're not sure how to answer a question, you can ask an adult to help you.

**Please tick this box if you have read this information and you are happy to fill out the survey** ☐


**How long have you been coming to this club or sessions?**


- ☐ 0-2 weeks
- ☐ 2-4 weeks
- ☐ 1-3 months
- ☐ 3-6 months
- ☐ 6-12 months
- ☐ More than a year


**Overall, how satisfied are you with your life nowadays?**

(Please circle one number between 0 and 10)

0	1	2	3	4	5	6	7	8	9	10
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Not at all





  
Completely


**Overall, to what extent do you feel that the things you do in your life are worthwhile?**

(Please circle one number between 0 and 10)

0	1	2	3	4	5	6	7	8	9	10
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Not at all



  
Completely

**Overall, how happy did you feel yesterday?**

(Please circle one number between 0 and 10)

0	1	2	3	4	5	6	7	8	9	10
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Not at all



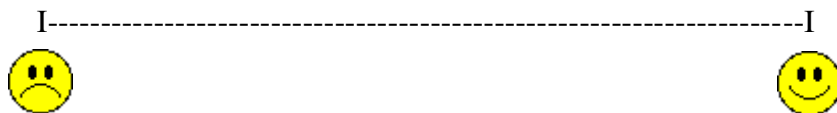
Completely

**How are you doing? How are things going in your life?**

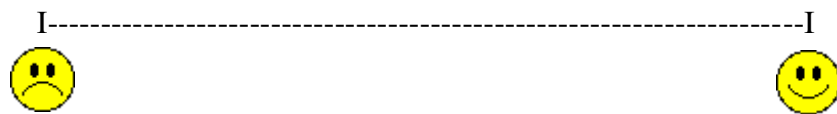
Please make a mark on the scale to let us know. The closer to the smiley face, the better things are.

The closer to the frowny face, things are not so good.

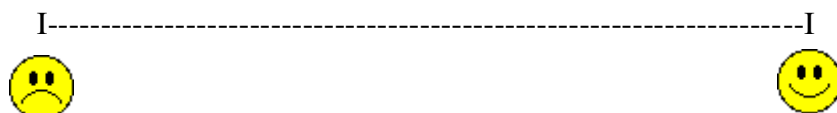
**Me**  
(How am I doing?)



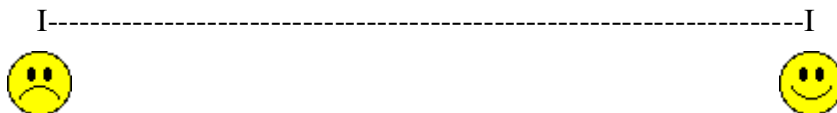
**Family**  
(How are things in my family?)



**School**  
(How am I doing at school?)



**Everything**  
(How is everything going?)



**How much physical activity do you do on an average day?** Please tick one box.

*Physical activity means movement like walking, dancing, or sport that raises your heart rate, making you breathe faster and feel warmer.*


- ☐ less than 30 minutes
- ☐ 30-59 minutes
- ☐ more than 60 minutes

**Do you think this is less, about the same amount, or more physical activity as you did before you started coming to this club or sessions?** Please tick one box.


- ☐ Less physical activity
- ☐ About the same amount of physical activity
- ☐ More physical activity

**Has being active at this club or sessions changed how you are feeling?** Please circle one number between 0 and 10. If you're not sure, leave this blank.


0	1	2	3	4	5	6	7	8	9	10
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It's made me feel worse



It's not changed how I feel



It's made me feel better

**Think about all the things that help your mental health and wellbeing. Which sentence describes how you feel about being active best?** Please tick one.

- ☐ Being active does not help my mental health and wellbeing.
- ☐ Being active helps my mental health and wellbeing, but not as much as other support.
- ☐ Being active helps my mental health and wellbeing just as much as other support.
- ☐ Being active helps my mental health and wellbeing more than other support
- ☐ I'm not sure

**Thank you! Please pass this form back to an adult now.**

Session Lead: please keep hold of the paper copy and pass it back to a member of the Active Essex Foundation team when they next visit you.

<b>Name of organisation/club/session</b>	
<p><b>Young person's Unique Code</b></p> <p>Please give the child or young person who completed the survey a unique code, using the following method:</p> <p>Combine the first three letters of their first name, the first letter of their last name, the initials of the club or organisation they attend and then the date.</p> <p>For example, if this survey was completed by a child called Jane Smith at Norwich Tennis Club on 10th July 2024, the code would be:</p> <p style="text-align: center;">JANSNTC10/7/2024</p> <p>If by some chance, two children or young people at your organisation would end up with the same code, please add a number (starting at 1) at the start of the code.</p> <p>This helps us to monitor change over time to understand the impact your work with children and young people is having.</p>	