





































BMSLSS (for K - Grade 2)

My Name _____

My Teacher _____

Date _____

Instructions: We'd like to know how happy you've been with different parts of your life (like family and school) and your whole life. Look at the areas below. For each one, please circle the face that shows how happy you are in that area.

How happy are you with your...					
Family 					
Friends 					
School 					
Home/Where I Live 					
Self 					
Whole Life 					






BMSLSS (for Grades 3 – 5)

Student: _____

Teacher: _____

Date: _____

We would like to know what thoughts about life you've had during the past several weeks. Think about how you spend each day and night, and then think about how your life has been during most of this time. For each statement, circle a number from (5) to (1), where (5) means you feel *delighted* about that area of life and (1) means you feel *terrible* about that area of life.

During the past several weeks...	Delighted 	Pleased 	Mixed (equally pleased & unhappy) 	Unhappy 	Terrible 
1. I would describe my satisfaction with my <i>family life</i> as:	5	4	3	2	1
2. I would describe my satisfaction with my <i>friendships</i> as:	5	4	3	2	1
3. I would describe my satisfaction with my <i>school experience</i> as:	5	4	3	2	1
4. I would describe my satisfaction with <i>myself</i> as:	5	4	3	2	1
5. I would describe my satisfaction with <i>where I live</i> as:	5	4	3	2	1
6. I would describe my satisfaction with my <i>whole life</i> as:	5	4	3	2	1