komodo

# Checking-in during unsettled times

## How to set up a custom survey

Below are weekly check-in survey suggestions tailored for use in emergency situations. Questions are designed to be light, psychologically safe, and responsive without being alarmist.

**Primary school**

1. How are you feeling today?
2. I find it hard to manage big feelings.
3. I get enough sleep to feel ready for school.
4. I can ask a teacher or adults at school for help when I need it.

**Custom question suggestion:**

- Is there something teachers could do to help you feel safe or happy at school?
- Was there anything that made you feel worried or upset this week?

**Secondary School**

1. How are you feeling today?
2. In the past week, how often have you felt stressed?
3. How would you describe the quality of your sleep in the last week? OR On average, how long have you slept each night over the past week?
4. I am coping with my school work. OR I am coping with online learning (if this applies to your school)
5. I can ask a teacher or adults at school for help when I need it.

**Custom question suggestion:**

- What has helped you feel calmer or more in control this week?
- Who or what has helped you feel supported this week?
- Was there anything that made you feel worried or upset this week?

The survey has been deliberately kept short to make it quick and manageable for students to complete each week, while still capturing meaningful insights into their wellbeing. The focus is on a few core indicators - emotional state, stress, sleep, and coping - so we can track trends without overwhelming students or staff.

The real value comes from the open-text responses, which allow students to share what is affecting them, what supports them, and what helps them feel calm or in control. These responses provide rich, actionable information that can guide teachers in offering timely support, noticing patterns, and responding to individual or group needs, without overloading the check-in process.