**PRE-COURSE EVALUATION FOR CHILDREN AND ADOLESCENTS   
(Please retain for the EFT & Mindfulness Centre)**

**Full Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Today’s date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ School\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Yes** | **No** | **Sometimes** |
| I can keep still for a long time |  |  |  |
| I find I have too many things to think about |  |  |  |
| I feel nervous or anxious with people I don’t know |  |  |  |
| I think about the future |  |  |  |
| I worry about things |  |  |  |
| I pay attention to my thoughts |  |  |  |
| I find it easy to concentrate |  |  |  |
| I can explain how I feel |  |  |  |
| I know what emotions feel like in my body |  |  |  |
| I can name my emotions and feelings |  |  |  |
| I stop myself from having feelings I don’t like |  |  |  |
| I like to do things in a hurry |  |  |  |
| I find it OK to make mistakes |  |  |  |
| I like to keep myself busy |  |  |  |
| I can control my anger or temper |  |  |  |
| I get upset with myself |  |  |  |
| I sleep well |  |  |  |
| I eat food in a hurry |  |  |  |

**POST-COURSE EVALUATION FOR CHILDREN AND ADOLESCENTS  
 (Please retain for the EFT & Mindfulness Centre)**

**Full Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Today’s date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ School\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Yes** | **No** | **Sometimes** |
| I can keep still for a long time |  |  |  |
| I find I have too many things to think about |  |  |  |
| I feel nervous or anxious with people I don’t know |  |  |  |
| I think about the future |  |  |  |
| I worry about things |  |  |  |
| I pay attention to my thoughts |  |  |  |
| I find it easy to concentrate |  |  |  |
| I can explain how I feel |  |  |  |
| I know what emotions feel like in my body |  |  |  |
| I can name my emotions and feelings |  |  |  |
| I stop myself from having feelings I don’t like |  |  |  |
| I like to do things in a hurry |  |  |  |
| I find it OK to make mistakes |  |  |  |
| I like to keep myself busy |  |  |  |
| I can control my anger or temper |  |  |  |
| I get upset with myself |  |  |  |
| I sleep well |  |  |  |
| I eat food in a hurry |  |  |  |