

A strengths-based approach to wellbeing (Amazing People Schools)



About this survey

The APS Character Strengths Snapshot Survey is a concise assessment designed to provide schools with a quick understanding of pupils character strength profile at any given time. It can be used to explore the impact of using the APS approach by using it as a baseline survey at the start and repeating the survey at key times of the academic year. This survey provides a valuable starting point for schools interested in exploring how to develop their character strengths work with pupils.

This survey contains dimensions known as "sub-scales" or domains: Character Score, Strengths of the head (how I think), Strengths of the heart (using my feelings), Strengths of Action (what I do and how I do it), The Strengths of community (how I relate to others), The strengths of meaning (finding purpose and connection), Strengths of self regulation (how I manage myself), Sense of Purpose and Self-efficacy .

1.1 How much would you agree or disagree with this statement: "I know what my strengths are".

- | | |
|-------------------|--------------------------|
| Agree | <input type="checkbox"/> |
| Disagree | <input type="checkbox"/> |
| Strongly agree | <input type="checkbox"/> |
| Strongly disagree | <input type="checkbox"/> |

2.1 How much do you agree or disagree that "everybody has strengths"

- | | |
|-------------------|--------------------------|
| Agree | <input type="checkbox"/> |
| Disagree | <input type="checkbox"/> |
| Strongly Agree | <input type="checkbox"/> |
| Strongly disagree | <input type="checkbox"/> |

3.1 I know that I can use my strengths to achieve my goals.

- | | |
|-------------------|--------------------------|
| Agree | <input type="checkbox"/> |
| Disagree | <input type="checkbox"/> |
| Strongly Agree | <input type="checkbox"/> |
| Strongly disagree | <input type="checkbox"/> |

A strengths-based approach to wellbeing (Amazing People Schools)



4.1

I have role models that I can learn from.

Agree

☐

Disagree

☐

Strongly agree

☐

Strongly Disagree

☐

5.1

I enjoy trying things out to find new ways of doing things.

A little bit like me

☐

A lot like me

☐

Not like me

☐

Quite a bit like me

☐

6.1

I always want to know more.

A little bit like me

☐

A lot like me

☐

Not like me

☐

Quite a bit like me

☐

7.1

I enjoy finding out about people who are different to me or have different views to mine.

A little bit like me

☐

A lot like me

☐

Not like me

☐

Quite a bit like me

☐

8.1

I believe it is okay to change my mind.

A little bit like me

☐

A lot like me

☐

A strengths-based approach to wellbeing (Amazing People Schools)



Not like me

☐

Quite a bit like me

☐

9.1

I like to see the good in any situation.

A little bit like me

☐

A lot like me

☐

Not like me

☐

Quite a bit like me

☐

10.1

I care deeply about people in my life.

A little bit like me

☐

A lot like me

☐

Not like me

☐

Quite a bit like me

☐

11.1

I care deeply about my world.

A little bit like me

☐

A lot like me

☐

Not like me

☐

Quite a bit like me

☐

12.1

I say and do kind things for others.

A little bit like me

☐

A lot like me

☐

Not like me

☐

Quite a bit like me

☐

A strengths-based approach to wellbeing (Amazing People Schools)



13.1	I am kind to myself.	
	A little bit like me	<input type="checkbox"/>
	A lot like me	<input type="checkbox"/>
	Not like me	<input type="checkbox"/>
	Quite a bit like me	<input type="checkbox"/>
14.1	I am caring, loyal and kind to other people.	
	A little bit like me	<input type="checkbox"/>
	A lot like me	<input type="checkbox"/>
	Not like me	<input type="checkbox"/>
	Quite a bit like me	<input type="checkbox"/>
15.1	I can imagine how other people feel in different situations.	
	A little bit like me	<input type="checkbox"/>
	A lot like me	<input type="checkbox"/>
	Not like me	<input type="checkbox"/>
	Quite a bit like me	<input type="checkbox"/>
16.1	I am brave and take action even when I'm scared.	
	A little bit like me	<input type="checkbox"/>
	A lot like me	<input type="checkbox"/>
	Not like me	<input type="checkbox"/>
	Quite a bit like me	<input type="checkbox"/>
17.1	I put all my energy into what I do.	
	A little bit like me	<input type="checkbox"/>
	A lot like me	<input type="checkbox"/>

A strengths-based approach to wellbeing (Amazing People Schools)



Not like me

☐

Quite a bit like me

☐

18.1

I do the right thing even if no-one is watching me.

A little bit like me

☐

A lot like me

☐

Not like me

☐

Quite a bit like me

☐

19.1

I behave in an honest way.

A little bit like me

☐

A lot like me

☐

Not like me

☐

Quite a bit like me

☐

20.1

I stick at things and don't give up.

A little bit like me

☐

A lot like me

☐

Not like me

☐

Quite a bit like me

☐

21.1

I treat others fairly, even if they aren't my friends or family.

A little bit like me

☐

A lot like me

☐

Not like me

☐

Quite a bit like me

☐

A strengths-based approach to wellbeing (Amazing People Schools)



22.1	I am good at working and learning in groups.	
	A little bit like me	<input type="checkbox"/>
	A lot like me	<input type="checkbox"/>
	Not like me	<input type="checkbox"/>
	Quite a bit like me	<input type="checkbox"/>
23.1	I am good at guiding other people to work together to do something good.	
	A little bit like me	<input type="checkbox"/>
	A lot like me	<input type="checkbox"/>
	Not like me	<input type="checkbox"/>
	Quite a bit like me	<input type="checkbox"/>
24.1	I am flexible and can adapt my ideas and feelings to fit a new situation.	
	A little bit like me	<input type="checkbox"/>
	A lot like me	<input type="checkbox"/>
	Not like me	<input type="checkbox"/>
	Quite a bit like me	<input type="checkbox"/>
25.1	I can change my approach if something isn't working out the way I thought it would.	
	A little bit like me	<input type="checkbox"/>
	A lot like me	<input type="checkbox"/>
	Not like me	<input type="checkbox"/>
	Quite a bit like me	<input type="checkbox"/>
26.1	I can find many things to be thankful for in school and at home.	
	A little bit like me	<input type="checkbox"/>
	A lot like me	<input type="checkbox"/>

A strengths-based approach to wellbeing (Amazing People Schools)



Not like me

☐

Quite a bit like me

☐

27.1

I am a grateful person, who likes to say thank you.

A little bit like me

☐

A lot like me

☐

Not like me

☐

Quite a bit like me

☐

28.1

I think carefully about all my choices before I make a decision.

A little bit like me

☐

A lot like me

☐

Not like me

☐

Quite a bit like me

☐

29.1

I take my time to think and don't rush into things.

A little bit like me

☐

A lot like me

☐

Not like me

☐

Quite a bit like me

☐

30.1

I can make others smile or laugh.

A little bit like me

☐

A lot like me

☐

Not like me

☐

Quite a bit like me

☐

A strengths-based approach to wellbeing (Amazing People Schools)



31.1	I can see the funny side of life.	
	A little bit like me	<input type="checkbox"/>
	A lot like me	<input type="checkbox"/>
	Not like me	<input type="checkbox"/>
	Quite a bit like me	<input type="checkbox"/>
32.1	I often notice beautiful things around me.	
	A little bit like me	<input type="checkbox"/>
	A lot like me	<input type="checkbox"/>
	Not like me	<input type="checkbox"/>
	Quite a bit like me	<input type="checkbox"/>
33.1	I admire the skills and strengths of other people.	
	A little bit like me	<input type="checkbox"/>
	A lot like me	<input type="checkbox"/>
	Not like me	<input type="checkbox"/>
	Quite a bit like me	<input type="checkbox"/>
34.1	I can let go of my anger and hurt to give others another chance.	
	A little bit like me	<input type="checkbox"/>
	A lot like me	<input type="checkbox"/>
	Not like me	<input type="checkbox"/>
	Quite a bit like me	<input type="checkbox"/>
35.1	When someone apologises, I give them a second chance.	
	A little bit like me	<input type="checkbox"/>
	A lot like me	<input type="checkbox"/>

A strengths-based approach to wellbeing (Amazing People Schools)



Not like me

☐

Quite a bit like me

☐

36.1

I know that I am not perfect and that I can always improve.

A little bit like me

☐

A lot like me

☐

Not like me

☐

Quite a bit like me

☐

37.1

I know my strengths, and that with help I can get better.

A little bit like me

☐

A lot like me

☐

Not like me

☐

Quite a bit like me

☐

38.1

I can control my thoughts and feelings so that I can do things that are good for me.

A little bit like me

☐

A lot like me

☐

Not like me

☐

Quite a bit like me

☐

39.1

I can stay focused on what I need to do and not be distracted.

A little bit like me

☐

A lot like me

☐

Not like me

☐

Quite a bit like me

☐

A strengths-based approach to wellbeing (Amazing People Schools)



40.1 I can bounce back after facing a disappointment or setback.

A little bit like me	<input type="checkbox"/>
A lot like me	<input type="checkbox"/>
Not like me	<input type="checkbox"/>
Quite a bit like me	<input type="checkbox"/>

41.1 I am able to learn from my mistakes and use them to do better next time.

A little bit like me	<input type="checkbox"/>
A lot like me	<input type="checkbox"/>
Not like me	<input type="checkbox"/>
Quite a bit like me	<input type="checkbox"/>



RUN A SURVEY FREE IN YOUR SCHOOL

Visit our website ->

www.bouncetogether.co.uk

or email bob@bouncetogether.co.uk