

## TRAINING SHEET FOR 8 YEARS OLD

The following training sheet is designed to help young children at the age of 8 years understand how to fill in the Children's Worlds questionnaire. The training sheet was designed based on our knowledge that most young children have no previous knowledge about how to answer survey questionnaires. Its aim is to help children understand how to translate their own perceptions and evaluations into numbers when asked to respond to a particular scale. The training sheet is presented to the children before administering the questionnaire.

The training sheet consisted of 7 questions requiring different kinds of response: "yes" or "no", level of satisfaction on a 1-5 scale (from not at all happy to totally happy), level of satisfaction on a 0-10 scale (from not at all happy to totally happy), level of satisfaction from a range of five emoticons (from most unhappy face to most happy face), agreement scale and frequency scale. Please see that 4 of the questions required two types of answer: qualitative and quantitative.

Given that at this age some children are not highly-skilled readers we recommended that the "training sheet" will be read aloud.

Please note that the training sheet is optional. You don't have to use it if you think children in your country at this age already regularly do surveys. Please also note, that we did our best to include questions which will be adapted to children in different contexts. Nevertheless, please note that each research team is welcome to do any change in the content of the questions if they think they are not going to work well in their particular context. This is the same with the different scales which are being used in the training sheet.

### TRAINING SHEET EXPLANATIONS (to be read to the children)

We will now do some training to learn how to answer each item in this questionnaire.

- ❖ Read the first items: age, city/village, a and b.

The next questions describe different situations and we ask you to write how you feel in these situations.

- ❖ Item c: "You want to visit your friend today after school, but your parents don't allow you to. How do you feel?"
  - Please, write in the line below the question how you feel in this situation.
  - What will be your answer between 1 and 5?
  - "1" means you are absolutely or totally unhappy, that is to say, you feel very bad, or not happy at all. Every number between 1 and 5 means a small increase in your happiness: a little bit happy, rather happy, and totally happy. "5" means you are totally or absolutely happy.
  - In general, the more happy you are, the higher is the number, and the more unhappy you are, the lower is the number.
  - You can cross or circle around the number that matches your feelings.
  - Do you have any questions?
- ❖ Item d: "You like ice-cream and you had one today after dinner, however it was not the flavor you like. How do you feel?"

- Please, write in the line below the question how you feel in this situation.
  - Now, look at the numbers that go from 0 to 10, what will be your answer?
  - A note for researcher: it is important to include in the training sheet at list two different scales, this is important in order for children to understand that the only existing scale is NOT 1 to 5, or the scale used at their school. Therefore, you are welcome to change this example to any other range that you think will be most suitable to your context.
  - “0” means you are absolutely or totally unhappy, that is to say, you feel very bad, or not happy at all. Every number between 0 and 10 means a small increase in your happiness: a little bit happy, rather happy, and totally happy. “10” means you are totally or absolutely happy.
  - In general, the more happy you are, the higher is the number, and the more unhappy you are, the lower is the number.
  - You can cross or a circle around the number that matches your feelings.
  - Do you have any questions?
- ❖ Item e: “You want to go to the school outdoor playground with your friends, but it is raining. How do you feel?”
- Please, write in the line how you feel in this situation.
  - Now, in this item, instead of choosing a number, you only choose a face. Look at the first face: it is crying, it is not happy at all. The second face is not very happy. The third is not happy and not sad. The fourth is smiling, that means it is rather happy. The last face with a big smile is very happy.
  - You can tick the box or circle the face that matches your feelings.
  - Do you have any questions?
- ❖ Item f: In this item, we want to know if *you agree* with the sentence I am going to read now... “Vegetables are always good to eat”.
- “**I do not agree**” means you think absolutely the contrary of what the sentence says. In other words, you are against, you do not think the same.
- “**Agree a little bit**” means you think that this sentence is a bit right. But, only very very little.
- “**Agree somewhat**” means you think that this sentence is quite right.
- “**Agree a lot**” means you are happy with what this sentence says, but not absolutely, because perhaps you have a little bit of doubt.
- “**Totally agree**” means you absolutely agree with what the sentence says, without doubts.
- “**Don’t know**” means that you do not have any opinion on the sentence.
- You can tick the box or circle the number that matches what you think.
  - Do you have any questions?
- ❖ Item g: In this item, we want to know how often you do the sentence I am going to read now... “some children read books after school hours. How often do you usually read books outside of school activity?”
- Please, write in the line below the question how often you do it.

- Now, look at the table that go from never to every day, what will be your answer?
- "Never" means you never read books after school hours.
- "Less than once a week" means that you do it every few weeks.
- All other options means that you do it sometimes during the week, you have to choose the option that fits the numbers of time you do it every week. that
- Do you have any questions?

After this training, you now know how to answer the questions in the questionnaire you have in front of you. You can put this paper aside, and let's start.