

Grade 5 Questionnaire

This is a questionnaire to examine similarities and differences between grade 5's (born in 2013) around the world.

* Indicates required question

1. Student Full Name *

Demographics

2. What country do you live in? *

Mark only one oval.

Canada

U.S.A

Ireland

Wales

England

Germany

Singapore

Other: _____

3. Gender *

Mark only one oval.

- Male
- Female
- Prefer not to say
- Other: _____

Sleep Habits

4. What time do you usually go to bed? (12 hour format please) *

Example: 8:30 AM

5. When do you usually wake up? (12 hour format please) *

Example: 8:30 AM

6. Think of the last few weeks. On a scale of 1 to 5, how often do you feel like you woke up tired, not fully rested? *

Mark only one oval.

- 1 = Never
- 2 = Rarely
- 3 = Sometimes
- 4 = Often
- 5 = Always

Physical Activity

7. What sports do you play? (check all that apply) *

Check all that apply.

- Ice hockey
- Football/soccer
- Baseball
- Lacrosse
- Gymnastics
- Tennis
- Basketball
- American Football
- Rugby
- Volleyball
- Dance
- Ski/Snowboard
- None
- Other: _____

8. How many hours do you play sports per week? (round to the nearest hour) *

Mark only one oval.

- 0
- 1 - 2
- 3 - 4
- 5 - 6
- 7 - 8
- more than 8

9. How many total hours a week do you have physical education in school? (round to the nearest hour) *

Mark only one oval.

less than 1

1

2

3

4

5

more than 5

10. How many total hours of recess do you get through the week at school? *

Mark only one oval.

less than 1

1

2

3

4

5

more than 5

Screen habits

11. Do you have your own cell phone? *

Mark only one oval.

Yes

No

12. If you have your own phone, are you allowed to have it in your room with you at night? *

Mark only one oval.

Yes

No

Sometimes

I don't have a phone

13. What social media are you on? (Check all that apply) *

Check all that apply.

None

X (formerly known as Twitter)

FaceBook

Instagram

SnapChat

TikTok

Youtube

Reddit

Messenger kids

Discord

Other: _____

14. On an average week, approximately how many hours do you play video games? *
(round to the nearest hour)

Mark only one oval.

- Less than 1
- 1-2
- 3-4
- 5-6
- 7-8
- more than 8

15. What video games do you play the most?

16. On an average week, approximately how many hours do you watch TV or videos *
(including YouTube TikTok or any other streaming service)? (round to the nearest hour)

Mark only one oval.

- Less than 1
- 1-2
- 3-4
- 5-6
- 7-8
- more than 8

17. What do you watch the most?

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