

Directions: Circle the number that matches how you feel for each sentence

School Kindness Scale

How true is each statement for you?	Disagree a Lot	Disagree A Little	Don't Agree or Disagree	Agree a Little	Agree a Lot
1. The adults in my school model kindness.	1	2	3	4	5
2. Kindness happens regularly in my classroom.	1	2	3	4	5
3. Kindness happens regularly in my school.	1	2	3	4	5
4. My teacher is kind.	1	2	3	4	5
5. At my school, I am encouraged to be kind.	1	2	3	4	5

Scoring the School Kindness Scale: As there are no reverse items in this scale, the scoring of the School Kindness Scale is straight forward. Add the circled values for each item and divide this composite score by 5. Higher values indicate more positive perceptions of school kindness.

Citation

Binfet, J. T., Gadermann, A. M., & Schonert-Reichl, K. A. (2016).
 Measuring kindness at school: Psychometric properties of a School Kindness Scale for children and adolescents. *Psychology in the Schools, 53*, 111-126.