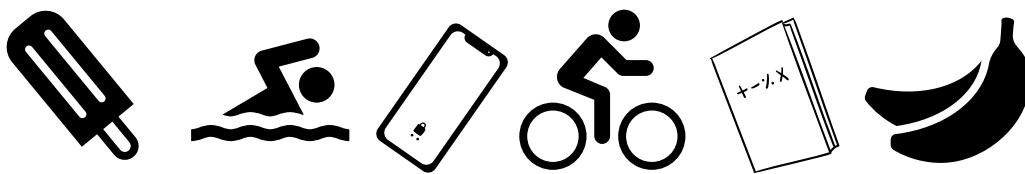




**DAGIS Salo**  
**Questionnaire for pupils in grades 5.–6.**  
**2023–2024**



This form asks you some questions about eating, school, home and your free time. It takes about 35 minutes to complete the questionnaire.

There are no right or wrong answers to the questions. Please answer the questions as best as you can. Try to answer all the questions.

You can ask the researchers for help if you find any part of the questionnaire difficult or strange.



### 1. What is your...?

First name \_\_\_\_\_

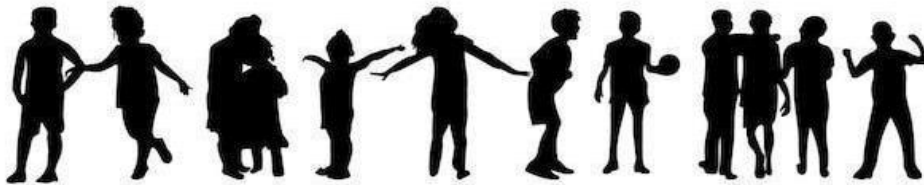
Last name \_\_\_\_\_

Grade (e.g. 5A) \_\_\_\_\_

### 2. Are you a...?

- ☐ Girl
- ☐ Boy
- ☐ Other
- ☐ I don't want to answer

## Questions about school



### 3. Which school do you go to?

- |  |  |
|--|--|
| <input type="checkbox"/> Alhaisten koulu   | <input type="checkbox"/> Pajulan koulu                         |
| <input type="checkbox"/> Armfeltin koulu   | <input type="checkbox"/> Salo svenska skola                    |
| <input type="checkbox"/> Hajalan koulu     | <input type="checkbox"/> Sirkkulan koulu                       |
| <input type="checkbox"/> Hähkänän koulu    | <input type="checkbox"/> Suomensjärven koulu                   |
| <input type="checkbox"/> Inkereen koulu    | <input type="checkbox"/> Särkisalon koulu                      |
| <input type="checkbox"/> Kaivolan koulu    | <input type="checkbox"/> Teijon koulu                          |
| <input type="checkbox"/> Kirkonkylän koulu | <input type="checkbox"/> Toijan koulu                          |
| <input type="checkbox"/> Komisuon koulu    | <input type="checkbox"/> Tupurin koulu                         |
| <input type="checkbox"/> Kuusjoen koulu    | <input type="checkbox"/> Uskelan koulu (Kavilan kadun yksikkö) |
| <input type="checkbox"/> Mustamäen koulu   | <input type="checkbox"/> Vaskion koulu                         |
| <input type="checkbox"/> Muurlan koulu     |  |
| <input type="checkbox"/> Märynummen koulu  |  |
| <input type="checkbox"/> Ollikkalan koulu  |  |

**4. Do you like school at the moment?**

- ☐ I like it very much
- ☐ I like it quite a lot
- ☐ I like it quite a bit
- ☐ I do not like it at all

**5. How do you travel to school in autumn or spring?**

Choose the most common way you get there.

- ☐ Walking
- ☐ By bike
- ☐ By scooter
- ☐ By car
- ☐ By school bus/school taxi
- ☐ By bus
- ☐ Some other way, what? \_\_\_\_\_

**6. How do you travel to school in autumn or spring?**

Choose the second most common way you get there.

- ☐ No other ways
- ☐ Walking
- ☐ By bike
- ☐ By scooter
- ☐ By car
- ☐ By school bus/school taxi
- ☐ By bus
- ☐ Some other way, what? \_\_\_\_\_

**7. How do you travel to school in winter?**

Choose the most common way you get there.

- ☐ Walking
- ☐ By bike
- ☐ By scooter
- ☐ By car
- ☐ By school bus/school taxi
- ☐ By bus
- ☐ Some other way, what? \_\_\_\_\_

**8. How do you travel to school in winter?**

Choose the second most common way you get there.

- ☐ No other ways
- ☐ Walking
- ☐ By bike
- ☐ By scooter
- ☐ By car
- ☐ By school bus/school taxi
- ☐ By bus
- ☐ Some other way, what? \_\_\_\_\_

**9. If I had a choice I would prefer to travel to school...**

- ☐ Walking
- ☐ By bike
- ☐ By scooter
- ☐ By car
- ☐ By school bus/school taxi
- ☐ By bus
- ☐ Some other way, what? \_\_\_\_\_

**10. Where are you during school breaks?**

- ☐ Outside for all breaks
- ☐ Mostly outside, but sometimes inside
- ☐ Mostly inside, but sometimes outside
- ☐ All breaks inside

**11. During school breaks are you usually...**

- ☐ alone
- ☐ together with friends

**12. What do you do during school breaks?**

Choose the most common option

- ☐ Stand or sit
- ☐ Walk in the schoolyard
- ☐ Playing active games
- ☐ Playing ball games
- ☐ Doing other things, what? \_\_\_\_\_

**13. Does your school...**

	Yes	No	I don't know
A. have games or activities <b>led by pupils</b> during school breaks			
B. have games or activities <b>led by adults</b> during school breaks			

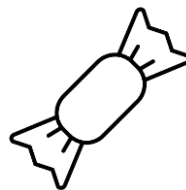
**14. How many days per week do you eat the following foods/drinks during school lunch?**

	Not at all	1-2 days	3-4 days	Every day
A. Main course				
B. Salad, grated or vegetables				
C. Milk, soured milk (piimää) or plant-based drink (e.g. oat drink or soy drink)				
D. Bread or crispbread				

**15. Do you agree or disagree?**

	Totally disagree	Disagree	Neither agree nor disagree	Agree	Totally agree
A. I have enough time to eat during school lunch					
B. School lunch is at a suitable time					

## QUESTIONS ABOUT HOME AND FREE TIME



### 16. Write the number.

In my opinion, the minimum amount of vegetables, e.g. cucumbers and carrots, that would be suitable for me is \_\_\_\_\_ servings (handfuls) per day.

### 17. Write the number.

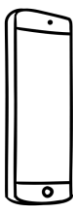
In my opinion, the minimum amount of fruits and berries that would be suitable for me is \_\_\_\_\_ servings (handfuls) per day.

### 18. How often do you go out alone or with a friend to buy sugary food or drinks for yourself, such as sweets, pastries, biscuits, ice cream, soft drinks or juice?

- ☐ Never
- ☐ Less than once per month
- ☐ 1–3 times per month
- ☐ 1–2 times per week
- ☐ 3–6 per week
- ☐ Everyday

### 19. How often are you free to have the following foods at home, e.g. as a snack?

	We do not have these at home	Never	Sometimes	Always or almost always
A. Fruit, berries				
B. Vegetables, e.g. cucumber or carrots				
C. Biscuits, buns or other pastries				
D. Ice cream				
E. Chocolate and sweets				
F. Soft drinks or juice				
G. Cocoa				



**Screen devices** include smartphones, computers, televisions, tablets and iPads.

**20. At home, do you have...**

You can select more than one option for each row.

	Yes, my own	Yes, shared	No
A. Smartphone			
B. Tablet/iPad			
C. Television			
D. Laptop			
E. Desktop computer			
F. Non-handheld gaming console (e.g. Xbox, PlayStation, Nintendo)			
G. Handheld gaming console (e.g. PSVita, PSP, Nintendo Switch, Gameboy)			
H. Other, what?			



**21. Think about a normal week day. How much time do you spend doing the following in your free time?**

Put one tick for each row.

	None	0–15 mins	15–30 mins	30–60 mins	1–2 hours	2–3 hours	3–4 hours	4–5 hours	5 hours or more
<b>A. Watching TV programs, videos or movies</b> , e.g. on TV, Yle Areena, YouTube, Netflix									
<b>B. Playing digital games</b> , e.g. Minecraft, FIFA, Roblox									
<b>C. Doing homework</b> using screen devices									
<b>D. Watching videos and posts in SoMe</b> , e.g. in TikTok, SnapChat									
<b>E. Sending messages, calling or posting in SoMe</b> , e.g. in Whatsapp, Instagram or SnapChat									
<b>F. Making video calls</b> , e.g. FaceTime, Whatsapp video calls									
<b>G. Other</b> , e.g. drawing programs, coding/programming, making videos, reading									

If you selected other, please provide examples of what this includes: \_\_\_\_\_

\_\_\_\_\_

**22. Think about a normal weekend day. How much time do you spend doing the following?**

Put one tick for each row.

	None	0–15 mins	15–30 mins	30–60 mins	1–2 hours	2–3 hours	3–4 hours	4–5 hours	5 hours or more
A. <b>Watching TV programs, videos or movies</b> , e.g. on TV, Yle Areena, YouTube, Netflix									
B. <b>Playing digital games</b> , e.g. Minecraft, FIFA, Roblox									
C. <b>Doing homework</b> using screen devices									
D. <b>Watching videos and posts in SoMe</b> , e.g. in TikTok, SnapChat									
E. <b>Sending messages, calling or posting in SoMe</b> , e.g. in Whatsapp, Instagram or SnapChat									
F. <b>Making video calls</b> , e.g. FaceTime, Whatsapp video calls									
G. <b>Other</b> , e.g. drawing programs, coding/programming, making videos, reading									

If you selected other, please provide examples of what this includes: \_\_\_\_\_

\_\_\_\_\_

**23. How often have you seen or heard advertisements for sweets, soda/pop or energy drinks (e.g. Prime, Nocco) in any of the following places during the last month (30 days)?**

	Not once	Less than once a week	Once a week	Few times a week	Every day	More than once a day	I don't know
<b>A. In movies or series</b> (in television or streaming service, for example, Netflix, Yle Areena)							
<b>B. On webpages or social media</b> , e.g. Instagram, TikTok, Snapchat, YouTube							
<b>C. In smartphone, console or computer games and applications</b> , e.g. Stumble Guys							

**24. When you use screen devices in your free time, is it usually...**

Put only one cross mark.

- ☐ alone?
- ☐ together with friends?
- ☐ together with siblings?
- ☐ with your parents/other adults?

**25. At home, I have rules about...**

	Totally disagree	Disagree	Neither agree nor disagree	Agree	Totally agree
<b>A. at what time of the day</b> I may use screen devices					
<b>B. how long</b> I may use screen devices					
<b>C. what do I get to do</b> on screen devices (what games, programmes, applications, videos, contents, and so on)					

**26. On how many weekdays do you use screen devices within half an hour before going to sleep in the evening?**

Listening to audiobooks or music does not count.

- ☐ 0 weekdays
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5 weekdays

**27. On how many weekend days do you use screen devices within half an hour before going to sleep in the evening?**

Listening to audiobook or music does not count.

- ☐ 0 weekend days
- ☐ 1
- ☐ 2 weekend days

**28. Usually, when we eat together with my family...**

You can choose one or more options.

- ☐ no one uses screen devices
- ☐ a parent uses screen devices
- ☐ a sibling uses screen devices
- ☐ I use screen devices
- ☐ I don't know



For questions 29 and 30 physical activity is any activity that raises your heart rate and makes you get out of breath some of the time. Examples of physical activity are playing sports, playing with friends or being active on the way to school.

**29. Think about the last 7 days. How many days were you physically active for at least 60 minutes?**

- ☐ 0 days
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7 days

**30. In a typical week, how much time do you spend being physically active?**

- ☐ Not at all
- ☐ About half an hour per week
- ☐ About an hour per week
- ☐ 2-3 hours per week
- ☐ 4-6 hours per week
- ☐ 7-10 hours per week
- ☐ 10 hours per week or more

**31. Mark in hours and minutes. Mark also if the amount is zero, do not leave an empty space.**

**I think that an appropriate amount of exercise per day for me is at least:**

\_\_\_\_\_ hours and \_\_\_\_\_ minutes

**32. What kind of organised exercise or sport do you participate in during your free time?**

Choose one or more options.

- ☐ Football
- ☐ Horseback riding
- ☐ Ice hockey
- ☐ Gymnastics
- ☐ Dance and competitive dance
- ☐ Floorball
- ☐ Basketball
- ☐ Pesäpallo
- ☐ Volleyball
- ☐ Swimming
- ☐ Athletics
- ☐ Disc golf
- ☐ Other, what? \_\_\_\_\_
- ☐ I do not take part in organised exercise or sport

**33. What keeps you from exercising and doing sports?**

You can choose one or more options.

- ☐ Nothing
  - ☐ There isn't a sport that suits me
  - ☐ School work take all my time
  - ☐ It is too expensive
  - ☐ There are no sports facilities near my home
  - ☐ My time is spent on other hobbies
  - ☐ Exercise is boring
  - ☐ Sweating feels disgusting
  - ☐ I am not the sporty type
  - ☐ I am afraid of getting injured in sports
  - ☐ My health limits my ability to exercise
  - ☐ My friends don't exercise either / I do not have friends to exercise with
  - ☐ I don't have a ride
  - ☐ Other barrier, what? \_\_\_\_\_
-

**34. During the last month, how often did you visit the following places on your free time?**

	Not once	Once a monts	2–3 times a monts	1–2 times a week	3–4 times a week	5–6 times a week	Every day
A. Nature/forest							
B. Park, playground, school yard							
C. Own or friend's yard							
D. Indoor sports venue, e.g. swimming hall, gymnastics hall							
E. Outdoor sports venue							

**If you answered not once to question 34 A, please move to question number 36.**

**35. You said that you visited nature during the last month. How much time did you usually spend there at a time?**

- ☐ 1–15 minutes
- ☐ 15–30 minutes
- ☐ 30–60 minutes
- ☐ 1–2 hours
- ☐ 2–3 hours
- ☐ 3 hours or more

**36. Think about all the seasons. What do you do when you are in nature?**

Choose 1-3 most common things.

- ☐ Walk or hike
- ☐ Play, climb or build a hut
- ☐ Cycle
- ☐ Run or orienteer
- ☐ Ski
- ☐ Downhill sledging
- ☐ Play disc golf
- ☐ Pick berries, mushrooms or plants
- ☐ Fish or hunt
- ☐ Swim in a lake, pond, sea or river
- ☐ Row, kayak or paddle board (SUP)
- ☐ Go on a picnic
- ☐ Stay overnight in a forest or on an island
- ☐ Take photos, birdwatch or observe nature
- ☐ Geocaching
- ☐ Other, what? \_\_\_\_\_



**37. Here are some statements about nature. Do you agree or disagree?**

Choose one option for each row.

	Totally disagree	Disagree	Neither agree nor disagree	Agree	Totally agree
A. I like to hear different sounds in nature.					
B. I like to see wildflowers in nature.					
C. When I feel sad, I like to go outside and enjoy nature.					
D. Being in the natural environment makes me feel peaceful.					
E. I like to garden.					
F. I like to collect materials from nature (e.g. stones, pine cones, leaves).					
G. Being outdoor makes me happy.					
H. I feel sad when wild animals are hurt.					
I. I like to see wild animals living in a clean environment.					
J. I like touching animals and plants.					
K. Taking care of animals is important to me.					
L. Humans are part of nature.					
M. People cannot live without plants and animals.					
N. My actions will make the natural world different.					
O. Picking up trash on the ground can help the environment.					
P. People do not have the right to change the natural environment.					

## Questions about your parents

Think about one of your parents and answer the following questions.

**38. The parent I am thinking of is...**

- ☐ My mother  
☐ My father  
☐ My stepmother  
☐ My stepfather  
☐ Other adult, who? \_\_\_\_\_

**39. Think about the parent you chose....**

	Not at all	A little	Somewhat	Quite a bit	A great deal	I do not know
A. Do they encourage you to exercise or take part in physical activity?						
B. Do they encourage you to cycle or walk to school?						
C. Do they encourage you to compete in sport?						
D. Do you exercise or take part in physical activity together with them?						
E. Do they play sport or exercise?						

**40. Think about the same parent. How often do you see them eating or drinking the following foods and drinks?**

	Never	Less than once per week	Once per week	2–4 times per week	5–6 times per week	Once per day	More than once per day	I do not know
A. Sweet foods, e.g. buns, biscuits, ice cream or sweets								
B. Sugary drinks, e.g. soft drink, juice								
C. Fruit or berries								
D. vegetables, e.g. cucumber, carrot								

**41. Think about the same parent. Do you agree or disagree?**

	Totally disagree	Disagree	Neither agree nor disagree	Agree	Totally agree
A. They ignore me when they are on their smartphone.					
B. I struggle to get their attention when they are on their smartphone.					
C. They check their smartphone even if I'm right in the middle of a conversation with them.					

Next, we ask the same questions about your other parent. Now think about your other parent and answer the following questions.

**42. The parent I am thinking of is...**

- ☐ My mother
- ☐ My father
- ☐ My stepmother
- ☐ My stepfather
- ☐ Other adult, who? \_\_\_\_\_
- ☐ I do not have another parent

If you do not have another parent go to question 46.

**43. Think about the parent you chose....**

	Not at all	A little	Somewhat	Quite a bit	A great deal	I do not know
A. Do they encourage you to exercise or take part in physical activity?						
B. Do they encourage you to cycle or walk to school?						
C. Do they encourage you to compete in sport?						
D. Do you exercise or take part in physical activity together with them?						
E. Do they play sport or exercise?						

**44. Think about the same parent. How often do you see them eating or drinking the following foods and drinks?**

	Never	Less than once per week	Once per week	2–4 times per week	5–6 times per week	Once per day	More than once per day	I do not know
A. Sweet foods, e.g. buns, biscuits, ice cream or sweets								
B. Sugary drinks, e.g. soft drink, juice								
C. Fruit or berries								
D. vegetables, e.g. cucumber, carrot								

**45. Think about the same parent. Do you agree or disagree?**

	Totally disagree	Disagree	Neither agree nor disagree	Agree	Totally agree
A. They ignore me when they are on their smartphone.					
B. I struggle to get their attention when they are on their smartphone.					
C. They check their smartphone even if I'm right in the middle of a conversation with them.					



**46. Would you say your health is...?**

- ☐ Excellent
- ☐ Good
- ☐ Fair
- ☐ Poor

**47. Do you ever feel lonely?**

- ☐ No
- ☐ Yes, sometimes
- ☐ Yes, quite often
- ☐ Yes, very often

**48. Over the last two weeks...**

	All the time	Most of the time	More than half of the time	Less than half of the time	Some of the time	At no time
A. I have felt cheerful and in good spirits						
B. I have felt calm and relaxed						
C. I have felt active and vigorous						
D. I woke up feeling fresh and rested						
E. My daily life has been filled with things that interest me						

**49. Do you agree or disagree?**

Choose one option from each row.

	Very strongly disagree 1	2	3	4	5	6	Very strongly agree 7
A. I can talk about my problems with my family.							
B. My family is willing to help me make decisions.							
C. I get the emotional support I need from my family.							
D. My family really tries to help me.							

**50. Do you agree or disagree?**

Choose one option from each row.

	Very strongly disagree 1	2	3	4	5	6	Very strongly agree 7
A. I can talk about my problems with my friends.							
B. I have friends with whom I can share my joys and sorrows.							
C. I can count on my friends when things go wrong.							
D. My friends really try to help me.							

**You made it to the end of the questionnaire, great!**

**Thank you for answering! 😊**

**51. What was it like to complete the questionnaire?**

Circle the appropriate smiley.



Sal 