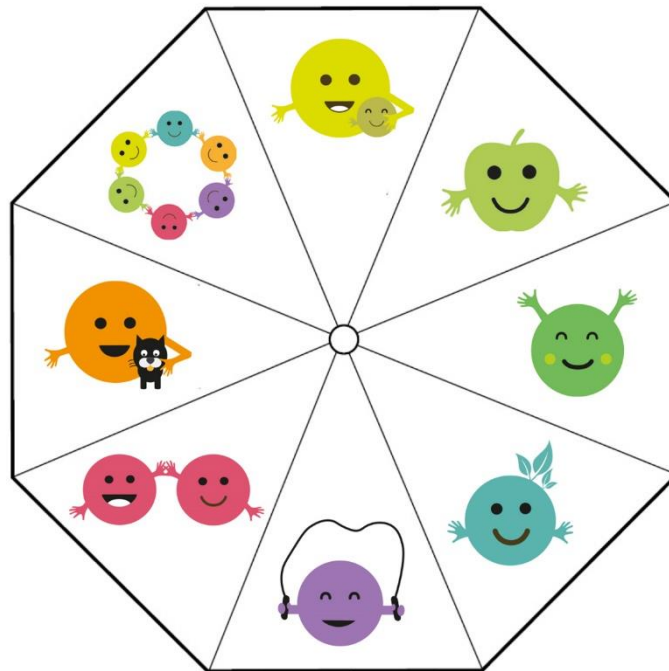


## Understanding the anxiety (assessment)

Assessment approach <b>Wellbeing Wheel/Web</b>	Making it successful	Resources
<p>Learning more about the anxiety.</p> <p>Using effective assessment approaches</p>	<p>Wellbeing Wheel/Web to gather child/young person's views.</p> <p>This may be best completed through individual sessions between the child/young person and those that know the them well. This can inform team around the child meetings.</p> <p>Consider who should gather the assessment information from the child/young person keeping their wellbeing needs central. Who would they be most comfortable with? Who would be likely to be able to elicit their views well?</p> <p>The approach may need some modifications depending on the age and understanding of the young person.</p> <p>It may be that the overall structure is used but you want to use different questions depending on your knowledge of the child/young person.</p> <p>The questions are there as a prompt for discussion. Using open questions will assist you to gather more personalised and detailed information from the child/young person.</p>	<p>This resource has been developed by Falkirk Council Inclusion and Wellbeing Service</p>

# Wellbeing Booklet

## 20-21



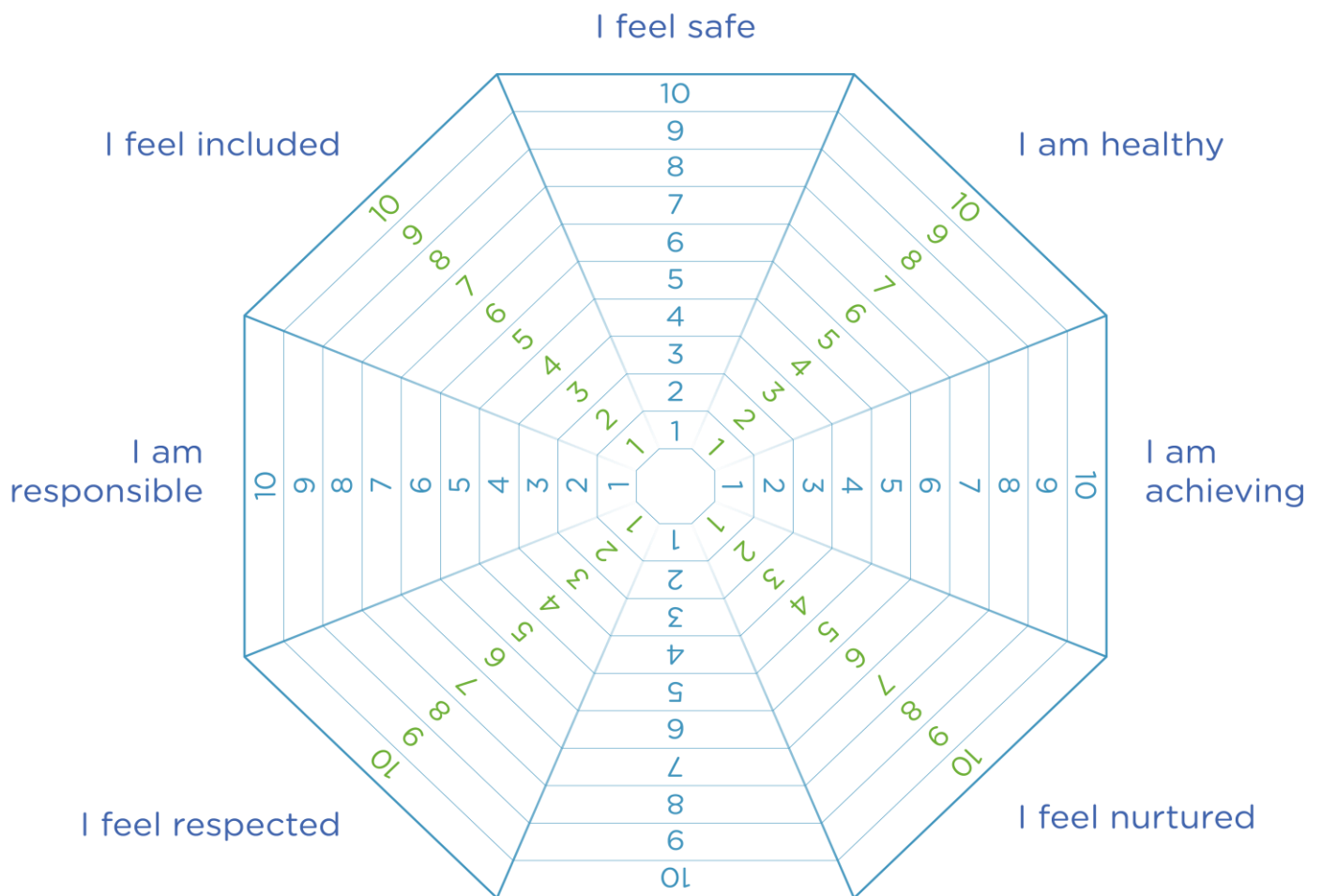
Name: \_\_\_\_\_

# Term 1 Assessment

Date: \_\_\_\_\_

# Wellbeing Web

## The wellbeing web



### Scaling key

- 1 = Not at all true of me
- 10 = Very true of me

We would like you to colour in the web and rate yourself 1-10 on each section. 1 is the lowest and 10 is the highest. You may want to rate yourself high on some and low on others, that is ok.




## Reflection tool

Use the tables below to help you decide how to rate yourself on the web. Tick either red, amber or green for each statement.




<b>Safe</b>			
I like to have a safe space for me when I get worried or upset.			
I know what to do if I need to ask for help in school.			
I know what to do if I am bullied at school.			
I know what to do if I do not like what other pupils are doing at school.			
Comments			
<b>Healthy</b>			
I feel ok about using the school toilets.			
I am able to eat food that I like at school.			
I get the right amount of sleep for me.			
I can enjoy PE at school.			
I know which adults I can talk to at school if:			
<ul style="list-style-type: none"> <li>I do not like something.</li> </ul>			
<ul style="list-style-type: none"> <li>I am feeling unwell.</li> </ul>			
<ul style="list-style-type: none"> <li>I am feeling anxious, worried or afraid.</li> </ul>			
Comments			
<b>Achieving</b>			
I have an individualised plan.			
I know what my targets are.			
I know what to do if I don't understand when an adults tells me to do something.			
I know what to do if I am worried about work at school.			
I can start work on my own in class.			
Comments			
<b>Nurtured</b>			
I have been able to tell the adults at school about:			
<ul style="list-style-type: none"> <li>What is important to me.</li> </ul>			
<ul style="list-style-type: none"> <li>The things I find difficult</li> </ul>			
<ul style="list-style-type: none"> <li>Things that I really don't like.</li> </ul>			
I have one or more friends in school.			
Comments			

<b>Active</b>			
I can go to clubs.			
I take regular exercise.			
I like to do individual sports and exercise			
I have a safe space to get changed for PE.			




Comments

<b>Respected</b>			
I am included in making decisions about me.			
People listen to my views.			
I can sometimes do things that I am really interested in at school.			

Comments

<b>Responsible</b>			
I understand the rules at school.			
I understand the rules at home.			
I am able to do some of my work on my own.			
I am learning how to look after myself at school.			
I can look after my belongings.			

Comments.

<b>Included</b>			
I enjoy break times and lunch times at school.			
I have some friends at school.			
I know where I can go if I feel upset, worried or unhappy at school.			
I can join in any special events at school.			




Comments.

# Rate you skills

Below are the 4 capacities. Rate yourself 1-5 for each skill.

<b>Effective Contributor</b>	1	2	3	4	5
<b>Flexible/Adaptive</b> <ul style="list-style-type: none"> <li>I can cope when plans change</li> <li>I can work with different people in different situations</li> </ul>					
<b>Creativity</b> <ul style="list-style-type: none"> <li>I have imaginative ideas</li> <li>I can make decisions</li> <li>I can solve problems</li> </ul>					
<b>Empathy</b> <ul style="list-style-type: none"> <li>I can understand how others are feeling</li> <li>I am respectful to others</li> </ul>					
<b>Enthusiasm</b> <ul style="list-style-type: none"> <li>I am keen to take part</li> <li>I have a positive attitude</li> </ul>					
<b>Successful Learner</b>	1	2	3	4	5
<b>Team player</b> <ul style="list-style-type: none"> <li>I can get on well with others</li> <li>I can value others ideas and opinions</li> </ul>					
<b>Cope with pressure</b> <ul style="list-style-type: none"> <li>I can stay calm when things get tricky</li> <li>I can tell if something is a big deal or a little deal</li> </ul>					
<b>Good Communicator</b> <ul style="list-style-type: none"> <li>I can talk to others clearly and appropriately</li> <li>I can listen to others well</li> </ul>					
<b>Responsible Citizen</b>	1	2	3	4	5
<b>Self-control/ Patience</b> <ul style="list-style-type: none"> <li>I can manage my feelings</li> <li>I can wait and take turns</li> </ul>					
<b>Accept responsibility</b> <ul style="list-style-type: none"> <li>I can talk honestly about the choices I have made</li> </ul>					
<b>Resolve Conflict</b> <ul style="list-style-type: none"> <li>I can talk about disagreements and put things right</li> </ul>					
<b>Leadership</b> <ul style="list-style-type: none"> <li>I can set a good example for others</li> <li>I can give advice and support others</li> </ul>					
<b>Confident individual</b>	1	2	3	4	5
<b>Negotiation</b> <ul style="list-style-type: none"> <li>I can suggest ways of dealing with tricky times</li> </ul>					
<b>Hardworking</b> <ul style="list-style-type: none"> <li>I try my best in all tasks</li> </ul>					
<b>Resilient</b> <ul style="list-style-type: none"> <li>I keep trying when things are hard</li> <li>I can move on from tricky things</li> </ul>					
<b>Confident</b> <ul style="list-style-type: none"> <li>I believe in myself</li> </ul>					

## Professional Dialogue with Pupils

	<p>Name something that works well in your classroom or school that you want to continue.</p>	
	<p>Name something that you would like to start happening in your classroom or school</p>	
	<p>Name something that happens that you think does not work well and you would like to change.</p>	

**Tell me something you have learned this session.**

- 
- 
- 

**Tell me the best thing about the Inclusion and Wellbeing Service ( learning, activities, house events, school events, playground, lunches)**

- 
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**Tell me something we could do to make the Inclusion and Wellbeing Service even better.**

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Last time you said...	What we did...	How is this now?	What else can we do?

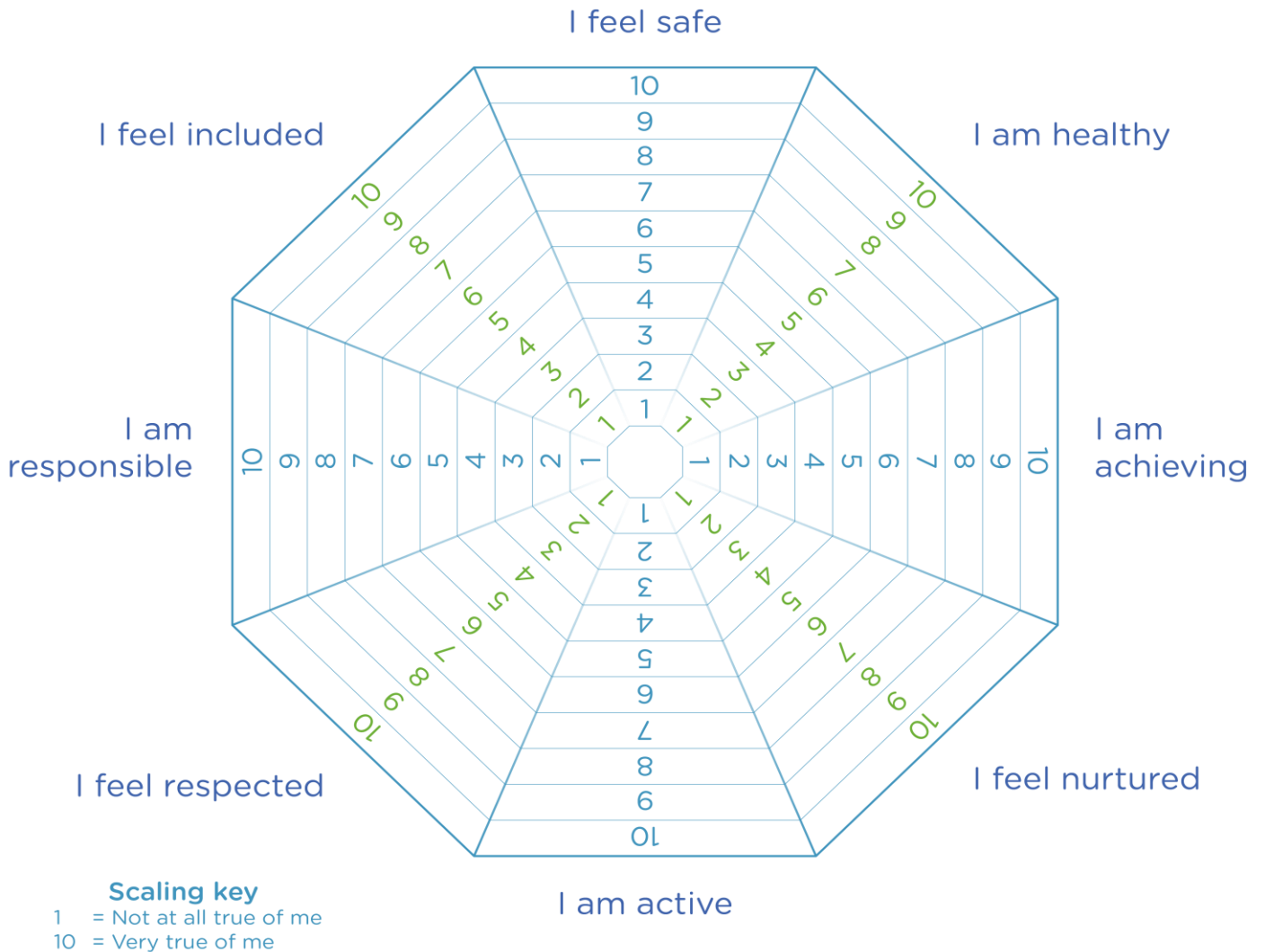


# Term 2 Assessment

Date: \_\_\_\_\_

# Wellbeing Web

## The wellbeing web



We would like you to colour in the web and rate yourself 1-10 on each section. 1 is the lowest and 10 is the highest. You may want to rate yourself high on some on low on others, that is ok.




## Reflection tool

Use the tables below to help you decide how to rate yourself on the web. Tick either red, amber or green for each statement.




<b>Safe</b>			
I like to have a safe space for me when I get worried or upset.			
I know what to do if I need to ask for help in school.			
I know what to do if I am bullied at school.			
I know what to do if I do not like what other pupils are doing at school.			
Comments			
<b>Healthy</b>			
I feel ok about using the school toilets.			
I am able to eat food that I like at school.			
I get the right amount of sleep for me.			
I can enjoy PE at school.			
I know which adults I can talk to at school if:			
<ul style="list-style-type: none"> <li>I do not like something.</li> </ul>			
<ul style="list-style-type: none"> <li>I am feeling unwell.</li> </ul>			
<ul style="list-style-type: none"> <li>I am feeling anxious, worried or afraid.</li> </ul>			
Comments			
<b>Achieving</b>			
I have an individualised plan.			
I know what my targets are.			
I know what to do if I don't understand when an adults tells me to do something.			
I know what to do if I am worried about work at school.			
I can start work on my own in class.			
Comments			
<b>Nurtured</b>			
I have been able to tell the adults at school about:			
<ul style="list-style-type: none"> <li>What is important to me.</li> </ul>			
<ul style="list-style-type: none"> <li>The things I find difficult</li> </ul>			
<ul style="list-style-type: none"> <li>Things that I really don't like.</li> </ul>			
I have one or more friends in school.			
Comments			

<b>Active</b>			
I can go to clubs.			
I take regular exercise.			
I like to do individual sports and exercise			
I have a safe space to get changed for PE.			




Comments

<b>Respected</b>			
I am included in making decisions about me.			
People listen to my views.			
I can sometimes do things that I am really interested in at school.			

Comments

<b>Responsible</b>			
I understand the rules at school.			
I understand the rules at home.			
I am able to do some of my work on my own.			
I am learning how to look after myself at school.			
I can look after my belongings.			

Comments.

<b>Included</b>			
I enjoy break times and lunch times at school.			
I have some friends at school.			
I know where I can go if I feel upset, worried or unhappy at school.			
I can join in any special events at school.			




Comments.

# Rate you skills

Below are the 4 capacities. Rate yourself 1-5 for each skill.

<b>Effective Contributor</b>	1	2	3	4	5
<b>Flexible/Adaptive</b> <ul style="list-style-type: none"> <li>I can cope when plans change</li> <li>I can work with different people in different situations</li> </ul>					
<b>Creativity</b> <ul style="list-style-type: none"> <li>I have imaginative ideas</li> <li>I can make decisions</li> <li>I can solve problems</li> </ul>					
<b>Empathy</b> <ul style="list-style-type: none"> <li>I can understand how others are feeling</li> <li>I am respectful to others</li> </ul>					
<b>Enthusiasm</b> <ul style="list-style-type: none"> <li>I am keen to take part</li> <li>I have a positive attitude</li> </ul>					
<b>Successful Learner</b>	1	2	3	4	5
<b>Team player</b> <ul style="list-style-type: none"> <li>I can get on well with others</li> <li>I can value others ideas and opinions</li> </ul>					
<b>Cope with pressure</b> <ul style="list-style-type: none"> <li>I can stay calm when things get tricky</li> <li>I can tell if something is a big deal or a little deal</li> </ul>					
<b>Good Communicator</b> <ul style="list-style-type: none"> <li>I can talk to others clearly and appropriately</li> <li>I can listen to others well</li> </ul>					
<b>Responsible Citizen</b>	1	2	3	4	5
<b>Self-control/ Patience</b> <ul style="list-style-type: none"> <li>I can manage my feelings</li> <li>I can wait and take turns</li> </ul>					
<b>Accept responsibility</b> <ul style="list-style-type: none"> <li>I can talk honestly about the choices I have made</li> </ul>					
<b>Resolve Conflict</b> <ul style="list-style-type: none"> <li>I can talk about disagreements and put things right</li> </ul>					
<b>Leadership</b> <ul style="list-style-type: none"> <li>I can set a good example for others</li> <li>I can give advice and support others</li> </ul>					
<b>Confident individual</b>	1	2	3	4	5
<b>Negotiation</b> <ul style="list-style-type: none"> <li>I can suggest ways of dealing with tricky times</li> </ul>					
<b>Hardworking</b> <ul style="list-style-type: none"> <li>I try my best in all tasks</li> </ul>					
<b>Resilient</b> <ul style="list-style-type: none"> <li>I keep trying when things are hard</li> <li>I can move on from tricky things</li> </ul>					
<b>Confident</b> <ul style="list-style-type: none"> <li>I believe in myself</li> </ul>					

## Professional Dialogue with Pupils

	<p>Name something that works well in your classroom or school that you want to continue.</p>	
	<p>Name something that you would like to start happening in your classroom or school</p>	
	<p>Name something that happens that you think does not work well and you would like to change.</p>	

**Tell me something you have learned this session.**

- 
- 
- 

**Tell me the best thing about the Inclusion and Wellbeing Service ( learning, activities, house events, school events, playground, lunches)**

- 
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- 

**Tell me something we could do to make the Inclusion and Wellbeing Service even better.**

- 
- 
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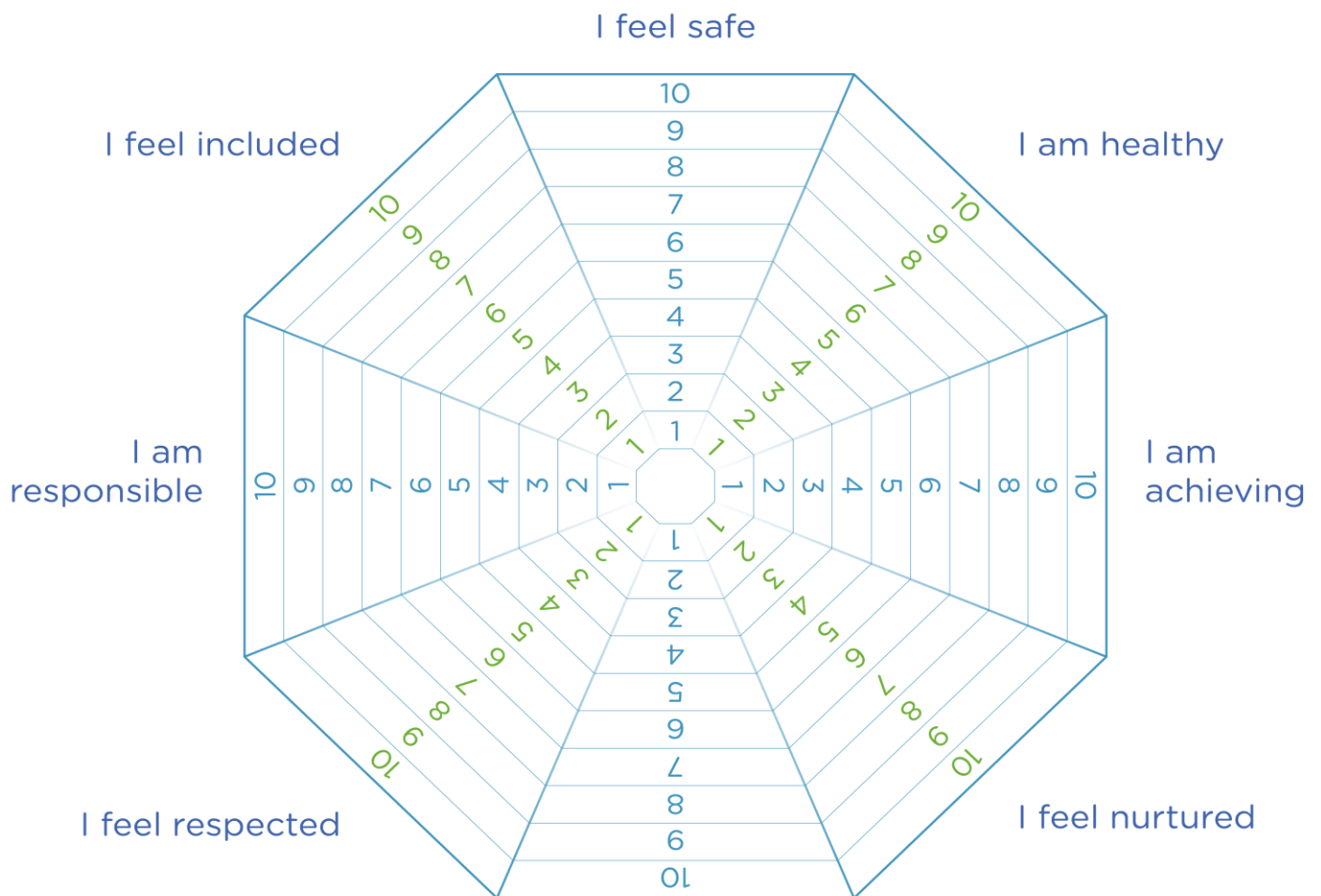
Last time you said...	What we did...	How is this now?	What else can we do?

# Term 3 Assessment

Date: \_\_\_\_\_

# Wellbeing Web

## The wellbeing web



### Scaling key

- 1 = Not at all true of me
- 10 = Very true of me

We would like you to colour in the web and rate yourself 1-10 on each section. 1 is the lowest and 10 is the highest. You may want to rate yourself high on some and low on others, that is ok.

## Reflection tool




Use the tables below to help you decide how to rate yourself on the web. Tick either red, amber or green for each statement.






<b>Safe</b>			
I like to have a safe space for me when I get worried or upset.			
I know what to do if I need to ask for help in school.			
I know what to do if I am bullied at school.			
I know what to do if I do not like what other pupils are doing at school.			
Comments			
<b>Healthy</b>			
I feel ok about using the school toilets.			
I am able to eat food that I like at school.			
I get the right amount of sleep for me.			
I can enjoy PE at school.			
I know which adults I can talk to at school if:			
<ul style="list-style-type: none"> <li>I do not like something.</li> </ul>			
<ul style="list-style-type: none"> <li>I am feeling unwell.</li> </ul>			
<ul style="list-style-type: none"> <li>I am feeling anxious, worried or afraid.</li> </ul>			
Comments			
<b>Achieving</b>			
I have an individualised plan.			
I know what my targets are.			
I know what to do if I don't understand when an adults tells me to do something.			
I know what to do if I am worried about work at school.			
I can start work on my own in class.			
Comments			
<b>Nurtured</b>			
I have been able to tell the adults at school about:			
<ul style="list-style-type: none"> <li>What is important to me.</li> </ul>			
<ul style="list-style-type: none"> <li>The things I find difficult</li> </ul>			
<ul style="list-style-type: none"> <li>Things that I really don't like.</li> </ul>			
I have one or more friends in school.			
Comments			

<b>Active</b>			
I can go to clubs.			
I take regular exercise.			
I like to do individual sports and exercise			
I have a safe space to get changed for PE.			




Comments

<b>Respected</b>			
I am included in making decisions about me.			
People listen to my views.			
I can sometimes do things that I am really interested in at school.			

Comments

<b>Responsible</b>			
I understand the rules at school.			
I understand the rules at home.			
I am able to do some of my work on my own.			
I am learning how to look after myself at school.			
I can look after my belongings.			

Comments.

<b>Included</b>			
I enjoy break times and lunch times at school.			
I have some friends at school.			
I know where I can go if I feel upset, worried or unhappy at school.			
I can join in any special events at school.			




Comments.

# Rate you skills

Below are the 4 capacities. Rate yourself 1-5 for each skill.

<b>Effective Contributor</b>	1	2	3	4	5
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<b>Creativity</b> <ul style="list-style-type: none"> <li>I have imaginative ideas</li> <li>I can make decisions</li> <li>I can solve problems</li> </ul>					
<b>Empathy</b> <ul style="list-style-type: none"> <li>I can understand how others are feeling</li> <li>I am respectful to others</li> </ul>					
<b>Enthusiasm</b> <ul style="list-style-type: none"> <li>I am keen to take part</li> <li>I have a positive attitude</li> </ul>					
<b>Successful Learner</b>	1	2	3	4	5
<b>Team player</b> <ul style="list-style-type: none"> <li>I can get on well with others</li> <li>I can value others ideas and opinions</li> </ul>					
<b>Cope with pressure</b> <ul style="list-style-type: none"> <li>I can stay calm when things get tricky</li> <li>I can tell if something is a big deal or a little deal</li> </ul>					
<b>Good Communicator</b> <ul style="list-style-type: none"> <li>I can talk to others clearly and appropriately</li> <li>I can listen to others well</li> </ul>					
<b>Responsible Citizen</b>	1	2	3	4	5
<b>Self-control/ Patience</b> <ul style="list-style-type: none"> <li>I can manage my feelings</li> <li>I can wait and take turns</li> </ul>					
<b>Accept responsibility</b> <ul style="list-style-type: none"> <li>I can talk honestly about the choices I have made</li> </ul>					
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<b>Confident individual</b>	1	2	3	4	5
<b>Negotiation</b> <ul style="list-style-type: none"> <li>I can suggest ways of dealing with tricky times</li> </ul>					
<b>Hardworking</b> <ul style="list-style-type: none"> <li>I try my best in all tasks</li> </ul>					
<b>Resilient</b> <ul style="list-style-type: none"> <li>I keep trying when things are hard</li> <li>I can move on from tricky things</li> </ul>					
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## Professional Dialogue with Pupils

	<p>Name something that works well in your classroom or school that you want to continue.</p>	
	<p>Name something that you would like to start happening in your classroom or school</p>	
	<p>Name something that happens that you think does not work well and you would like to change.</p>	

**Tell me something you have learned this session.**

- 
- 
- 

**Tell me the best thing about the Inclusion and Wellbeing Service ( learning, activities, house events, school events, playground, lunches)**

- 
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**Tell me something we could do to make the Inclusion and Wellbeing Service even better.**

- 
- 
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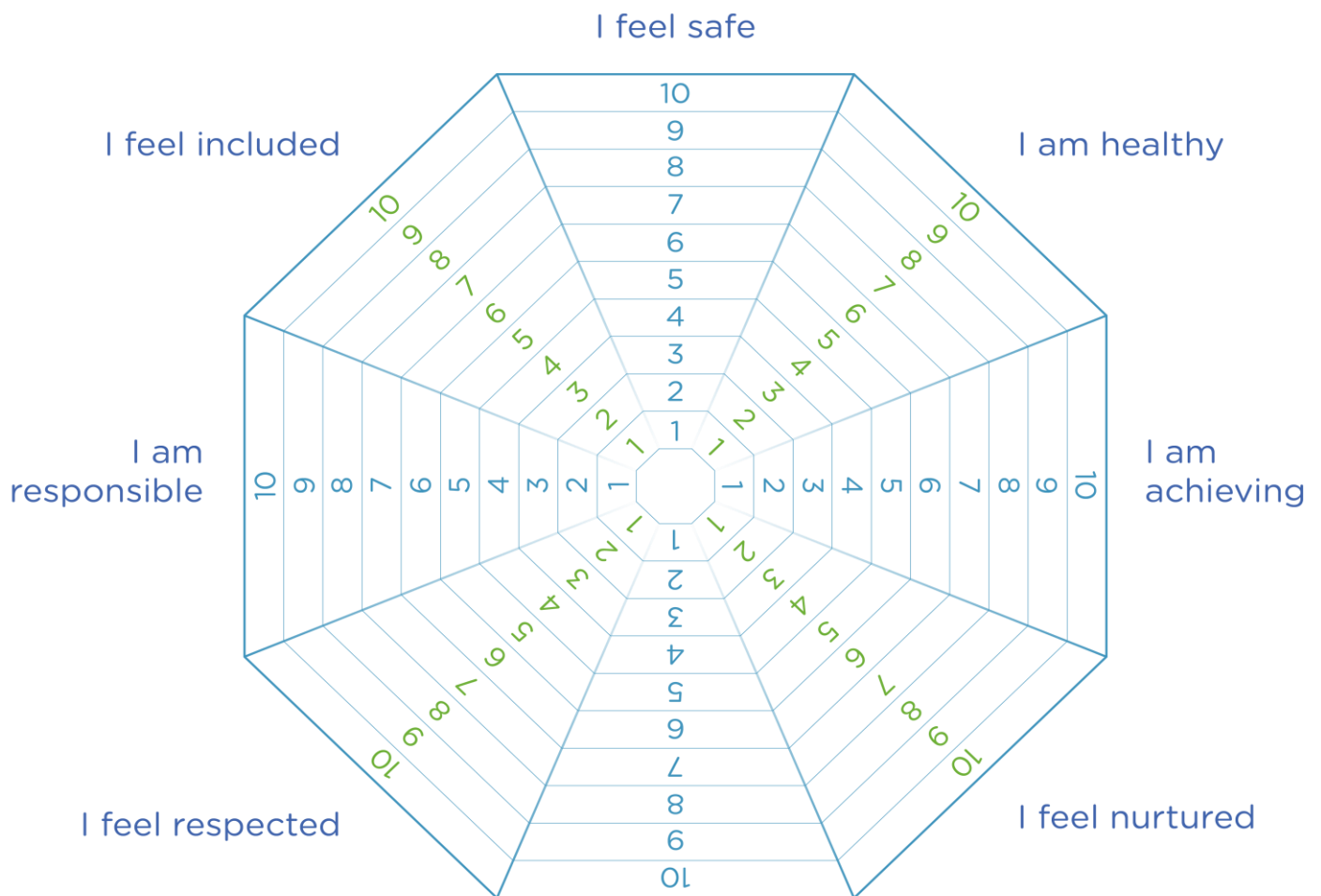
Last time you said...	What we did...	How is this now?	What else can we do?

# Term 4 Assessment

Date: \_\_\_\_\_

# Wellbeing Web

## The wellbeing web



### Scaling key

- 1 = Not at all true of me
- 10 = Very true of me

We would like you to colour in the web and rate yourself 1-10 on each section. 1 is the lowest and 10 is the highest. You may want to rate yourself high on some and low on others, that is ok.




## Reflection tool

Use the tables below to help you decide how to rate yourself on the web. Tick either red, amber or green for each statement.




<b>Safe</b>			
I like to have a safe space for me when I get worried or upset.			
I know what to do if I need to ask for help in school.			
I know what to do if I am bullied at school.			
I know what to do if I do not like what other pupils are doing at school.			
Comments			
<b>Healthy</b>			
I feel ok about using the school toilets.			
I am able to eat food that I like at school.			
I get the right amount of sleep for me.			
I can enjoy PE at school.			
I know which adults I can talk to at school if:			
<ul style="list-style-type: none"> <li>I do not like something.</li> </ul>			
<ul style="list-style-type: none"> <li>I am feeling unwell.</li> </ul>			
<ul style="list-style-type: none"> <li>I am feeling anxious, worried or afraid.</li> </ul>			
Comments			
<b>Achieving</b>			
I have an individualised plan.			
I know what my targets are.			
I know what to do if I don't understand when an adults tells me to do something.			
I know what to do if I am worried about work at school.			
I can start work on my own in class.			
Comments			
<b>Nurtured</b>			
I have been able to tell the adults at school about:			
<ul style="list-style-type: none"> <li>What is important to me.</li> </ul>			
<ul style="list-style-type: none"> <li>The things I find difficult</li> </ul>			
<ul style="list-style-type: none"> <li>Things that I really don't like.</li> </ul>			
I have one or more friends in school.			
Comments			

<b>Active</b>			
I can go to clubs.			
I take regular exercise.			
I like to do individual sports and exercise			
I have a safe space to get changed for PE.			




Comments

<b>Respected</b>			
I am included in making decisions about me.			
People listen to my views.			
I can sometimes do things that I am really interested in at school.			

Comments

<b>Responsible</b>			
I understand the rules at school.			
I understand the rules at home.			
I am able to do some of my work on my own.			
I am learning how to look after myself at school.			
I can look after my belongings.			

Comments.

<b>Included</b>			
I enjoy break times and lunch times at school.			
I have some friends at school.			
I know where I can go if I feel upset, worried or unhappy at school.			
I can join in any special events at school.			

Comments.






# Rate you skills

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<b>Successful Learner</b>	1	2	3	4	5
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<b>Good Communicator</b> <ul style="list-style-type: none"> <li>I can talk to others clearly and appropriately</li> <li>I can listen to others well</li> </ul>					
<b>Responsible Citizen</b>	1	2	3	4	5
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<b>Hardworking</b> <ul style="list-style-type: none"> <li>I try my best in all tasks</li> </ul>					
<b>Resilient</b> <ul style="list-style-type: none"> <li>I keep trying when things are hard</li> <li>I can move on from tricky things</li> </ul>					
<b>Confident</b> <ul style="list-style-type: none"> <li>I believe in myself</li> </ul>					

## Professional Dialogue with Pupils

	<p>Name something that works well in your classroom or school that you want to continue.</p>	
	<p>Name something that you would like to start happening in your classroom or school</p>	
	<p>Name something that happens that you think does not work well and you would like to change.</p>	

**Tell me something you have learned this session.**

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**Tell me the best thing about the Inclusion and Wellbeing Service ( learning, activities, house events, school events, playground, lunches)**

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**Tell me something we could do to make the Inclusion and Wellbeing Service even better.**

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Last time you said...	What we did...	How is this now?	What else can we do?