



HOLMWOOD SCHOOL
WELL-BEING SCALES
&
LEARNING ZONES

WELL-BEING SCALES

5	<p>I feel:</p> <ul style="list-style-type: none">• Confident• Flexible – ready to try new things• Happy, cheerful and full of smiles• Full of energy• Relaxed
4	<p>I feel:</p> <ul style="list-style-type: none">• Good• Happy and content• Happy with my friends• Energetic• Happy to be around people
3	<p>I feel:</p> <ul style="list-style-type: none">• Calm• Little emotion• Ok / Fine• No real worries or concerns• Quite happy with myself and my surroundings
2	<p>I feel:</p> <ul style="list-style-type: none">• Ill at ease• Unhappy• I would like to talk• Uncomfortable
1	<p>I feel:</p> <ul style="list-style-type: none">• Sad, frightened, panicky, angry or furious• Unable to sit still, can't settle• I want to be alone• In search of some comfort but unsure what I want• I don't want to talk

Learning Zones

<p>5 My learning behaviours will Show that:</p>	<ul style="list-style-type: none"> • I am immersed in learning • I am highly motivated • I am in FLOW most of the time • I am showing enjoyment of the learning struggle • I am leading my own learning • I am making huge steps in my learning • I have positive learning relationships • I feel confident to take risks
<p>4 My learning behaviours will Show that:</p>	<ul style="list-style-type: none"> • I am highly engaged in my learning • I am enjoying learning new ideas and concepts • I am active in learning • I am in FLOW often • I lead discussions and show initiative • I am intrinsically motivated • I have positive learning relations • I am happy with the risks I am taking
<p>3 My learning behaviours will Show that:</p>	<ul style="list-style-type: none"> • I am engaged by what I am 'doing' • I have limited motivations • I am doing the 'right things' with my behaviour • I feel challenged at some points but I am not absorbed • I have some good positive learning relationships but they aren't consistent • I am taking some risks with my thinking and learning
<p>2 My learning behaviours will Show that:</p>	<ul style="list-style-type: none"> • I am motivated by rewards rather than my own 'want' to learn • I am building positive learning relationships • I am not reaching my potential • I am distracted by the classroom e.g. daydreaming, staring • My concentration is short lived
<p>1 My learning behaviours will Show that:</p>	<ul style="list-style-type: none"> • I have lost my motivation • I may be disrupting other children • I am distracted by the classroom e.g. daydreaming, staring • I am off task – little or no activity • I may be finding learning relationship challenging • I am not taking steps in my learning • I may be finding my learning too hard or too difficult • I have little/no energy