



**HOLMWOOD SCHOOL**  
**WELL-BEING SCALES**  
**&**  
**LEARNING ZONES**

## WELL-BEING SCALES

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

# Learning Zones

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