

Homerswood's Well Being Scale

5	<p>I feel...</p> <ul style="list-style-type: none">✓ confident✓ relaxed✓ open to things changing✓ happy, cheerful, full of smiles✓ I bounce!	
4	<p>I feel...</p> <ul style="list-style-type: none">✓ interested in what I'm doing✓ good✓ I am enjoying my friends + learning✓ happy with my work	
3	<p>I feel...</p> <ul style="list-style-type: none">✓ calm✓ settled✓ like I'm showing little emotion✓ like I'm plodding along✓ quite happy	
2	<p>I feel...</p> <ul style="list-style-type: none">✓ irritable✓ uneasy and on edge✓ argumentative✓ I am raising my voice✓ like I could be comforted✓ like being anti-social✓ like I can talk about issues/feelings	
1	<p>I feel...</p> <ul style="list-style-type: none">✓ angry/scared/furious✓ sad✓ out of control	

	<ul style="list-style-type: none">✓ shaky/fidgety/sick✓ lonely✓ destructive✓ like I want to hide or run away✓ I want to talk	
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