

## What I think tool

### The child's views

Children should be supported to complete the following section by an adult who knows them well. The prompts provided in each section are designed to facilitate a conversation around the well-being indicators. As such they provide a guide and should allow the discussion to progress in a manner and at a pace which is comfortable to the child. The child may be asked to give a "Rating" from 0 to 10 but this is not necessary – this is a framework for discussion, to help a child contribute his/her views to assessment and planning.

Overall  
rating 0-10

<b>Safe</b>	<p><b>It is important that everyone feels safe. We all need someone who helps us to feel safe and protected from harm.</b></p> <p>Do you have:</p> <ul style="list-style-type: none"> <li>• people who keep you safe?</li> <li>• someone who protects you from danger?</li> <li>• someone you can tell if you are frightened or sad?</li> </ul>	<b>Nursery/school</b>	
		<b>Home and community</b>	
<b>Healthy</b>	<p><b>We all like to be as healthy as we can be. How do you do this?</b></p> <p>Do you have:</p> <ul style="list-style-type: none"> <li>• people who support you to be healthy?</li> <li>• someone who looks after you if you are sick or hurt?</li> <li>• someone who gives you healthy food to eat?</li> <li>• someone who keeps you clean?</li> <li>• someone who talks to you about feelings?</li> </ul>	<b>Nursery/school</b>	
		<b>Home and community</b>	
<b>Achieving</b>	<p><b>Every child should have opportunities to learn and people to encourage them to do their best</b></p> <p>Do you have:</p> <ul style="list-style-type: none"> <li>• someone who supports you to learn new things?</li> <li>• someone who says 'well done' when you try your best?</li> <li>• someone who helps you to try things on your own?</li> </ul>	<b>Nursery/school</b>	
		<b>Home and community</b>	
<b>Nurtured</b>	<p><b>All children need a place where they can feel comfortable and safe, and where people really care about them.</b></p> <ul style="list-style-type: none"> <li>• what places do you have?</li> <li>• what do people do that helps you to feel cared for?</li> </ul>	<b>Nursery/school</b>	

		<b>Home and community</b>	
<b>Active</b>	<p><b>Most people enjoy spending time doing something fun or interesting.</b> Do you have:</p> <ul style="list-style-type: none"> <li>• hobbies and interests?</li> <li>• a favourite toy, game or thing to do?</li> <li>• someone who takes you to fun places?</li> <li>• someone who encourages your interests or hobbies?</li> </ul>	<b>Nursery/school</b>	
		<b>Home and community</b>	
<b>Respected</b>	<p><b>It is important that children are involved in decisions about them.</b> Do you have:</p> <ul style="list-style-type: none"> <li>• good relationships with adults?</li> <li>• someone who listens seriously to your opinions and ideas and anything you have to say?</li> <li>• someone who thinks you are special?</li> </ul>	<b>Nursery/school</b>	
		<b>Home and community</b>	
<b>Responsible</b>	<p><b>Growing up involves learning to take good decisions and make sensible choices.</b> • if you have made a choice, who helps you to know if it has been a good choice? • who helps you when things go wrong? • what chances do you get to do helpful things for others?</p>	<b>Nursery/school</b>	
		<b>Home and community</b>	
<b>Included</b>	<p><b>Every child should feel accepted by a group of people around them.</b> Do you have:</p> <ul style="list-style-type: none"> <li>• friends you can count on?</li> <li>• times when you enjoy the company of other people?</li> </ul>	<b>Nursery/school</b>	

		<b>Home and community</b>	
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