

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

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

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