

Signs of well being

- Openness and receptivity
- Flexibility
- Self confidence and self esteem
- Being able to defend oneself, assertiveness
- Vitality
- Relaxation and inner peace
- Enjoyment
- Being in touch with oneself

Levels of well being

Well-being level 1:

The child's well-being is very low. They show none of the signs of well-being. They show no interest in interacting with others or in playing. Their eyes are dull. They show little energy. The child looks withdrawn and becomes anxious quite easily.

Well-being level 2:

About half of the time, this child displays signs of emotional discomfort. There is a lack of trust. This child may be watchful or cling to one person. This child cannot sustain enjoyment, worries about what the other children have and may enjoy hurting others.

Well-being level 3:

Most of the time this child is happy. Occasionally, this child may get anxious, seek reassurance or seem uncertain. This child may show distress at transition times, for example, moving into the group time from free play time.

Well-being level 4:

This child is generally happy and able to express their feelings. This child feels comfortable enough to ask for what they want to do confidently. This child rarely shows signs of discomfort.

Well-being level 5:

This child has an extremely high level of well-being. The setting is 'their place' and they radiate vitality, relaxation and inner peace.