






## Wellbeing

Level	
1	 Extremely Low I am not feeling good at all. I feel a bit sad, frightened or angry. I'm feeling tearful. I'm finding it difficult to think about class work.
2	 Low I'm not feeling comfortable in class just now.
3	 Moderate I'm doing OK in class at the moment.
4	 High I'm coping well in class just now. I feel happy and have confidence in myself.
5	 Extremely High I'm coping really well in class just now. I am relaxed and feel confident I can learn.



## My learning log

## Involvement

1	I'm finding it hard to concentrate and I think I've missed parts of the lesson. I am easily distracted. I feel like I have no energy.
2	I can concentrate a little bit. I think I have been daydreaming a bit and I'm distracted by things around me.
3	I can concentrate sometimes but I find myself getting distracted by other things in the class.
4	I can concentrate well and feel involved in the lesson.
5	I am really concentrating and fully engaged in the lesson. I am working hard on my set task.



Name \_\_\_\_\_

Score your wellbeing and involvement at the given times.

WEEK 1	10am		12pm		2:30pm	
	W	I	W	I	W	I
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						

WEEK 2	10am		12pm		2:30pm	
	W	I	W	I	W	I
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						

Score your wellbeing and involvement at the given times.

WEEK 3	10am		12pm		2:30pm	
	W	I	W	I	W	I
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						

WEEK 4	10am		12pm		2:30pm	
	W	I	W	I	W	I
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						