

# RISE UP



Child's Name	
Date of assessment	
Name of Coach completing assessment:	

Please RAG the following statements

- Agree - score = 4
- Somewhat agree - score = 2
- Disagree - score = 0

Readiness to learn:

<b>Openness and interest</b> – My child is interested in the environment around them and is open to new situations	
<b>Flexibility</b> – My child can adapt easily, especially in new or different situations. They can quickly move on from problems and consider alternatives.	
<b>Self-confidence and self-esteem</b> – My child is confident and can express themselves well. My child can take on new challenges and risk failure.	
<b>Self-defence and assertiveness</b> – My child won't be walked over and can stand up for themselves and their desires. My child can ask for things they need and will object to an unjust experience.	
<b>Vitality</b> – My child has enjoyment and enthusiasm for life. It can be seen in their facial expressions and body language. They tend to move quickly and energetically.	
<b>Relaxation and inner peace</b> – My child seems natural and moves smoothly, keeping normal speech and they seem relaxed. They don't bottle up tensions and can relax quickly after an exciting game.	
<b>Enjoyment without restraints</b> – My child shows genuine enjoyment, and seems generally happy. They understand rules and still express their happiness with smiling or humming quietly.	
<b>Being in touch with themselves</b> – My child understands what they need and wish. They don't hide their thoughts and work with them.	

## The Leuven Scale of well-being

Both well-being and involvement are scored from one to five, with one being the lowest level and five being the highest.

Please indicate where you would place your child: SCORE [     ]

1.	<b>Extremely low</b> – My child is clearly having a difficult time and doesn't feel happy. They are anxious or tense a lot of the time. They are not at ease.	
2.	<b>Low</b> – My child shows elements of level one, but these are less noticeable.	
3.	<b>Moderate</b> – My child is neither happy nor unhappy. They're rarely enthusiastic, and contact with other children is pretty basic.	
4.	<b>High</b> – My child shows elements of level five, but these are less noticeable.	
5.	<b>Extremely High</b> – My child is clearly having fun, and they laugh a lot. They enjoy the company of others. Any anger, unhappiness, or fear quickly decreases, and mostly they're enjoying life to the full.	

## The Leuven Scale of Involvement

The scale of involvement is less about a child's happiness, but how focused and – well – *involved* they are in what they're doing.

Please indicate where you would place your child:

SCORE [       ]

1.	<b>Extremely low</b> – My child often doesn't engage in activities at all. They might wander about absent-mindedly and stare a lot. They're easily distracted and they don't seem to take anything in.	
2.	<b>Low</b> – They show elements of level one, but these are less noticeable.	
3.	<b>Moderate</b> – On first glance, my child can seem busy, but on closer inspection it's clear they're not really engaged in what they're doing. They often act routinely and their activities can be brief as they're easily distracted.	
4.	<b>High</b> – My child shows elements of level five, but these are less noticeable.	
5.	<b>Extremely High</b> – My child is regularly absorbed and intensely engaged in their activities. There are strong signs of concentration, determination, and energy. Choices come easily, and they're engaged straight away.	

**Barriers to wellbeing and learning:**

**Child's perspective**

**Family's perspective**

OVERALL SCORE [       ]

*\*Based on the feedback and the Coach's professional opinion*