

Capacity for Wellbeing Assessment

Client Code

Age

Date

Parent / Teacher / Other (please circle)

Please read the following questions and use your knowledge and understanding of the child / young person to rate their capacities for wellbeing at this time. If the child falls between categories, please indicate where this would be.

Self-Awareness				
1 Does the child have the capacity to reflect on their own thoughts and feelings?				
5	4	3	2	1
Not at all	Rarely	Sometimes	Mostly	All of the Time
Further Comments				
1a How aware is the child of the impact of their emotions and behaviour on others?				
5	4	3	2	1
Not at all	Rarely	Sometimes	Mostly	All of the Time
Further Comments				

Self Confidence				
2 Does the child demonstrate trust and belief in their own capabilities?				
5	4	3	2	1
Not at all	Rarely	Sometimes	Mostly	All of the Time
Further Comments				

Self-Esteem				
3 How comfortable and at home does the child appear in their own skin?				
5	4	3	2	1
Not at all	Rarely	Sometimes	Mostly	All of the Time
Further Comments				

Communication and Social Skills				
4 Does the child express their needs, hopes and wishes appropriately?				
5	4	3	2	1
Not at all	Rarely	Sometimes	Mostly	All of the Time
Further Comments				

Communication and Social Skills

4a Can the child problem solve in meaningful relationships with peers and adults?

5	4	3	2	1
Not at all	Rarely	Sometimes	Mostly	All of the Time

Further Comments

Emotional Regulation/ Resilience and Recovery

5 Does the child manage intense emotions, remaining calm and stable under stress?

5	4	3	2	1
Not at all	Rarely	Sometimes	Mostly	All of the Time

Further Comments

5a How is the child's resilience to difficult life experiences and recovery from challenges?

5	4	3	2	1
Not at all	Rarely	Sometimes	Mostly	All of the Time

Further Comments

Identity, Self-Concept and Coherent Narrative

6 Does the child have a sense of who they are with a stable and positive self-image?

5	4	3	2	1
Not at all	Rarely	Sometimes	Mostly	All of the Time

Further Comments

6a Can the child make sense of their history and tell the story of their lived experience?

5	4	3	2	1
Not at all	Rarely	Sometimes	Mostly	All of the Time

Further Comments

Agency, Motivation and Initiative

7 Is the child able to evaluate, make autonomous choices and then to act on them?

5	4	3	2	1
Not at all	Rarely	Sometimes	Mostly	All of the Time

Further Comments

Meaning, Purpose, Value and Belonging

8 Does the child have a constructive world view that serves their purpose?

5

4

3

2

1

Not at all

Rarely

Sometimes

Mostly

All of the Time

Further Comments

8a Does the child have a narrative (positive or negative) about their future?

5

4

3

2

1

Not at all

Rarely

Sometimes

Mostly

All of the Time

Further Comments

Human Potential

9 Does the child convey, through imagination, ideas about their own future?

5

4

3

2

1

Not at all

Rarely

Sometimes

Mostly

All of the Time

Further Comments

Thank-you for your time and consideration

Signed