**The Stirling Children’s Well-Being Scale**

Tick the box against each question that best describes your thoughts and feelings over **the last two weeks.** There are no right or wrong answers.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Question** | **Never** | **Not much of the time** | **Some Of The Time** | **Quite a lot of the time** | **All Of The Time** |
|  | I think good things will happen in my life |  |  |  |  |  |
|  | I have always told the truth |  |  |  |  |  |
|  | I’ve been able to make choices easily |  |  |  |  |  |
|  | I can find lots of fun things to do |  |  |  |  |  |
|  | I feel that I am good at some things |  |  |  |  |  |
|  | I think lots of people care about me |  |  |  |  |  |
|  | I like everyone I have met |  |  |  |  |  |
|  | I think there are many things I can be proud of |  |  |  |  |  |
|  | I’ve been feeling calm |  |  |  |  |  |
|  | I’ve been in a good mood |  |  |  |  |  |
|  | I enjoy what each new day brings |  |  |  |  |  |
|  | I’ve been getting on well with people |  |  |  |  |  |
|  | I always share my sweets |  |  |  |  |  |
|  | I’ve been cheerful about things |  |  |  |  |  |
|  | I’ve been feeling relaxed |  |  |  |  |  |