

Well-being Progression

	Diving	Surviving	Striving	Thriving
Identity <i>Who am I and what is my sense of purpose?</i>	<p>I do not know my strengths and feel I am not good at most things</p> <p>I lack pride in who I am</p> <p>I have no goals in life - getting through the day is hard enough</p> <p>I don't know what my interests and passions are and feel I don't really have any</p>	<p>I know my key strengths</p> <p>I take pride in my background and culture</p> <p>I can begin to set goals for myself but I am not sure how to achieve them</p> <p>I am willing to try out new experiences</p> <p>I am aware of my values and those of the school</p>	<p>I know my strengths and I can tell a positive story about myself and my background</p> <p>I take the opportunities given to me</p> <p>I have goals and I am focused on them. I know how to achieve them and look for help in doing so</p> <p>I seek out new challenges and enjoy being stretched</p> <p>My values are a strong part of who I am</p>	<p>I know who I am, what my strengths are and where I am from</p> <p>I am proud of who I am</p> <p>I live my values every day and make decisions about my future based on those values.</p> <p>I am true to my word, always. I stand up for what I believe, even if it is unpopular.</p> <p>I have am true to my stand, I set ambitious goals and have the plans and commitment to achieve them</p>
Belonging <i>What am I part of that's bigger than myself?</i>	<p>I do not feel I belong part of any group.</p> <p>I find it hard to engage with others and make friends.</p> <p>I struggle to empathise with others</p>	<p>I have some friends and feel I belong in my peer group</p> <p>If I work at it I can make new friends</p> <p>I know the value of kindness and I begin to understand the impact of unkind words and deeds</p>	<p>I am at home at school. I contribute to my 'circles' so they are stronger and kinder.</p> <p>I have friends and I am happy to be myself with them</p> <p>I show empathy when a friend or someone I know feels upset and I know how to support them</p>	<p>I have a sense of belonging to one or more groups when I feel "at home"</p> <p>I thrive in any setting, able to make friends, engage other and think of others</p> <p>I share and contribute to others, even if I don't know them.</p> <p>I have a passion for kindness and giving, both of which I do without being asked</p>
Control <i>Can I control my emotions and deal with stress?</i>	<p>I find it hard to stay calm and frequently "blow up".</p> <p>I feel it's hard to look on the bright side of things.</p> <p>I do not take care of what I eat or what I look like because I don't really care.</p> <p>I think about myself more than others</p>	<p>I can control my emotions but only in response to certain adults and friends.</p> <p>I show optimism on occasion but I don't know how to do it all the time</p> <p>I think of others sometimes</p>	<p>I play "the right card" in most situations</p> <p>I am aware of my 'emotional triggers' and have strategies to manage them</p> <p>I keep calm, even in difficult situations</p> <p>I listen to others as much as I listen to myself</p>	<p>I control my emotions so I can respond but not react</p> <p>I take responsibility for my decisions</p> <p>I look on the bright side of situations and remain optimistic</p> <p>I am an energiser, enthusing others to do better</p>
Growth <i>Do I have a growth mindset?</i>	<p>I believe that intelligence is fixed so my fate is determined</p> <p>If I fail it's because I'm not very good at it</p> <p>I don't take risks because I don't like getting things wrong in case I'm laughed at</p>	<p>I try hard because my teacher or someone at home tells me to</p> <p>I slip in and out of the zone</p> <p>I take risks rarely, and when I do I don't learn from them</p> <p>I am not always sure the best way to learn in a lesson or at home</p>	<p>I work hard because I want to and because it is important to me</p> <p>I have high standards in what I do</p> <p>I am almost always in the zone</p> <p>I take risks and don't worry if they don't come off first time</p>	<p>I understand that effort matters more than talent</p> <p>I use every experience as a chance to learn</p> <p>I treat setbacks and failure as a learning experience</p> <p>I take risks because I know that is the way of doing better</p> <p>I love a new challenge</p>