

## THE SCALE FOR WELL-BEING

LEVEL	WELL-BEING	SIGNALS
1	<b>Extremely low</b>	<p>The child clearly shows signals of discomfort:</p> <ul style="list-style-type: none"> <li>• whines, sobs, cries, screams;</li> <li>• looks dejected, sad or frightened, is in panic;</li> <li>• is angry or furious;</li> <li>• shows signs feet, wriggles, throws objects, hurts others;</li> <li>• sucks its thumb, rubs its eyes;</li> <li>• doesn't respond to the environment, avoids contact, withdraws;</li> <li>• hurts him/herself: bangs its head, throws him/herself on the floor..</li> </ul>
2	<b>Low</b>	<p>The posture, facial expression and actions indicate that the child does not feel at ease. However, the signals are less explicit than under level 1 or the sense of discomfort is not expressed the whole time.</p>
3	<b>Moderate</b>	<p>The child has a neutral posture. Facial expression and posture show little or no emotion. There are no signals indicating sadness or pleasure, comfort or discomfort.</p>
4	<b>High</b>	<p>The child shows obvious signs of satisfaction (as listed under level 5). However, these signals are not constantly present with the same intensity.</p>
5	<b>Extremely high</b>	<p>During the observation episode, the child enjoys, in fact it feels great:</p> <ul style="list-style-type: none"> <li>• it looks happy and cheerful, smiles, beams, cries out of fun;</li> <li>• is spontaneous, expressive and is really him/herself;</li> <li>• talks to itself, plays with sounds, hums sings;</li> <li>• is relaxed, does not show any signs of stress or tension;</li> <li>• is open and accessible to the environment;</li> <li>• is lively, full of energy, radiates;</li> <li>• expresses self-confidence and self-assurance.</li> </ul>

