

Emotional Wellbeing Evaluation Tools

Tool	Used for	Application	Age aimed at	How much tool costs and any additional costs, eg, record sheets	Website for further info	Any other info
ELSA's Social Skills Assessment form	Overview of competencies in CYP's social interaction	Adults tick scaled boxes. Used pre- and post -ELSA intervention to help identify progress. Could also be used midway through an intervention or to change focus.	Early years, primary and secondary	Free		ELSA training materials (Day 4) (self-regulation) - Assessment attached
Tracking Social and Emotional Skills (developed by Darlington EPS)	Emotional literacy tracker	Used pre- and post- ELSA intervention to help identify progress. Could also be used midway through an intervention, or to change focus	Early years, primary and secondary	Free	Darlington EPS	Tracker attached
NfER Nelson Emotional Literacy Checklists	Provides qualitative and quantitative information-standard score of CYP's emotionality.	Assessments completed by CYP, teacher and parent to gain rounded view	Primary and secondary	Approx £100 per assessment Book comes with resources etc.	https://www.gi-assessment.co.uk/products/emotional-literacy/	

SDQ (Strengths and Difficulties Questionnaire)	Behavioural screening questionnaire divided between 5 scales with 5 items in each: 1) emotional symptoms 2) conduct problems 3) hyperactivity/inattention 4) peer relationship problems 5) prosocial behaviour	Tick box. Teacher, parent and CYP versions	3-16 years	Free	https://www.sdqinfo.com/a0.html	Excel scoring sheet attached
PASS – CYP's Attitude to Self and School	Measures and addresses the wellbeing of CYP through uncovering emotional or attitudinal needs. Identifies potential or actual risks of disengagement in CYP. Includes ideas for interventions.	Self – evaluation statements about learning and school.	4-18 + years	£2 per CYP, minimum 30 CYPs.	https://www.glassessment.co.uk/products/CYP-attitudes-to-self-and-school-pass/	
Outcome Star	Person centred and strength based approach in exploring relationships, physical health and emotionality	Scaling and a quiz style section completed by the CYP.	Primary and Secondary aged CYP	A license is required and training needs to be completed From £330+ for license and £240+ for training	https://www.outcomesstar.org.uk/	

THRIVE	Whole school approach. Also, assess individual CYP on their relationships and emotionality drawing on CYP development theories	Teacher completes a scaled assessment for each CYP in the class (approx. 1 min per CYP) from which those CYP requiring further support undergo another screening. Based on findings Thrive activities are then suggested for class and CYP	0-18 years	Training and subscription required. From £2450+ for 2 years.	https://www.thriveapproach.com/about-thrive/	
Boxall	Provides developmental strands and diagnostic profile for emotional presentation underpinned by theories around attachment and nurture	Adult who knows CYP well scores statements. The numbers are added up and placed on a chart for analysis. Ideas provided to support CYP.	Two profiles, one for nursery/primary school CYPs and the other for secondary	Yearly subscriptions Up to 300 CYPs from £325+ 301-600 from CYPs £500+ 601-2000 CYPs from £900+	https://new.boxallprofile.org/ https://youtu.be/VvmwFwgOE-Xw	Training required
Functional Analysis (ABC)	Template to note Antecedent (A), Behaviour that occurred (B), and the consequence of the behaviour (C) from which analyse themes or trends.	Adult observing CYP	Any age	Free		Template attached

Self-Image Profile	Measures self-image and self-esteem	CYP asked to self-report their opinion on a range of statements.	SIP-C for 7-11 years. SIP-A for 12-6 years	Complete kit: From £119.49	https://www.pearsonclinical.co.uk/Psychology/CYPmentalHealth/CYPmentalHealth/SelfImageProfiles(SIP)/SelfImageProfiles(SIP).aspx	
Resiliency Scales for CYP and Adolescents	Draws on 3 areas: Sense of mastery (optimism, self-efficacy, adaptively) Sense of relatedness (experience of social relationships) Emotional reactivity (regulation of emotions including sensitivity, recovery and maintaining control)	Adult completes scales for strengths and vulnerabilities.	9-18 years.	Complete Kit: From £120.49	https://www.pearsonclinical.co.uk/Psychology/CYPmentalHealth/CYPpsychopathology/ResiliencyScalesforCYPandAdolescents/ResiliencyScalesforCYPandAdolescents.aspx	
Measures of CYP's mental health psychological wellbeing (Fredrickson and Dunsmuir)	Assesses psychological health and wellbeing of CYP: Each themed booklet has, at least 6 measures: belonging, distress, enjoyment, healthy living, resilience, responsiveness, social behaviour.	Adult completes questionnaire based assessment	2-20 years	Around £115 per book or £590 for the set Paper format - can be photocopied	https://www.glassessment.co.uk/products/measures-of-CYPs-mental-health-psychological-wellbeing/measures-of-CYPs-mental-health-belonging/	

Emotional Readiness Scale: For reintegrating CYP with social, emotional and behavioural difficulties into mainstream classrooms (based on Rebecca Doyle, Norfolk CC – BJSE 28/3 – 09.01 and Jane McSherry, 1999)	Analyses behaviour, measures readiness to reintegrate and highlight specific areas for emotional support.	Adult completes scaled statements. An overall score of 250 (80%) or above gives an indication that the CYP may be ready to transition into mainstream.	Primary or Secondary age	Free		Scale attached
Your New School (updated version by Rice, et al)	Gaining any concerns from CYP who is about to transfer to their new secondary school	Completed by CYP or adult on their behalf: Tick boxes with suggested areas of concern with space to add any others not listed.		Free	.	Performa attached
Emotional Literacy CYP Checklist 11-16 (GL Assessment)	CYP self-check on their emotional literacy	CYP self-completes or adult can do so on their behalf	11-16 years.	£?	https://www.gl-assessment.co.uk/products/emotional-literacy/	
Emotional Literacy CYP Checklist 7-11 (GL Assessment)	CYP self-check on their emotional literacy	CYP self-completes or adult can do so on their behalf	7-11 years.	£?	https://www.gl-assessment.co.uk/products/emotional-literacy/	

Social Skills Assessment (Talk About)	Explores body language, the way CYP talks, their conversational skills and level of assertiveness in order to set up intervention as part of the Talk About approach	Tick boxes completed by the adult based on the consensus of a range of adults.	Primary and secondary school versions	About £30	https://www.routledge.com/rsc/downloads/temp_file_Talkabout_Series_Chapter_Collection.pdf	
The building blocks of self-esteem (Borba, 1989)	Statements covering each of the building blocks which demonstrates CYP is secure in each of these areas (security, selfhood, affiliation, mission and competence)	Statements completed by the adult.	All ages	Free		Part of ELSA training pack Attached (two parts: Statements, Scaling)
Stirling Wellbeing Measure	A scaled score that identifies CYP's wellbeing score based on a number of statements	Self-report scales completed by the CYPs	All ages	Free	http://www.friendforlifescotland.org/site/The%20Stirling%20CYP's%20Wellbeing%20Scale.pdf	
Evidence Based Practice Unit: Wellbeing Measurement Framework for Primary Schools	A set of questionnaires which can be used to measure wellbeing and resilience	Questionnaires, completed by the CYP	9-11 years	Free	https://www.corc.uk.net/media/1506/primary-school-measures_310317_forweb.pdf	
Evidence Based Practice Unit: Learning from HeadStart: Wellbeing Measurement Framework for	A set of questionnaires which can be used to measure wellbeing and resilience	Questionnaires, completed by the CYP	11-16 years	Free	https://www.corc.uk.net/media/1517/blf17_20-second-school-measuresbl-17-03-17b.pdf	

Secondary Schools						
Evidence Based Practice Unit: Wellbeing Measurement Framework for Colleges	A set of questionnaires which can be used to measure wellbeing and resilience	Questionnaires completed by the CYP.	16+ years	Free	https://www.corc.uk.net/media/1507/college-measures_310317_forweb.pdf	
Wong and Law Emotional Intelligence Scale (WLEIS)	EQ measurement scale	Self-report 16 items using 7 point Likert scale	13+ years	Free	http://emotivity.my/wp-content/uploads/How-Emotionally-Intelligent-are-You-Wong-and-Law-Emotional-Intelligence-Scale-WLEIS.pdf	
Schutte Emotional Intelligence Scale	Measure of general Emotional Intelligence (EI), using four sub-scales: emotion perception, utilizing emotions, managing self-relevant emotions, and managing others' emotions	Scaled 33-item self-report	16+ years	Free	https://depts.washington.edu/uwcssc/sites/default/files/hw00/d40/uwcssc/sites/default/files/The%20Schutte%20Self%20Report%20Emotional%20Intelligence%20Test%20(SSEIT).pdf	