

# Help Sheet

0 – 25 Specialist Teaching & Support Service

## How to measure well-being and involvement.



### Why?

- All children learn when their well-being and involvement are seen to be good but how do we know this?
- Through careful observation it is possible to assess a child's well-being and involvement levels using a scale such as that developed by Professor Ferre Laevers.
- The Leuven Scale is a 5 point 'best fit' assessment designed to be used with young children.
- Dr Laevers believes the key to achieving good well-being and involvement is in the way adults interact with children. When practitioners understand the level of a child's well-being and involvement adults can adapt their interactions to meet the child's needs.

### You will need:

- To spend time observing the child.
- To use the descriptors in the toolkit to provide a 'best fit' measure of well-being and involvement.
- To adapt the learning environment and adult-child interactions to support well-being and involvement.
- To revisit the assessment to measure the impact of any changes.

### How?

- Observe the child and use the descriptors in the toolkit to provide a 'best fit' measure of well-being and involvement.
- Organise your physical learning environment (indoors and outdoors) in welcoming and distinct areas. Research suggests muted colours and natural materials help to support well-being and encourage engagement. Consider an environmental audit.



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- Conduct regular reviews of available resources within the areas ensuring there is a level of challenge for all children.
- Introduce new, novel and unconventional materials and experiences e.g. chopsticks in the sand, teapots in the water.
- Observe and identify the child's interests and offer experiences that respond to this interest. Incorporate gathering this information from parent/carer as part of the planning.
- Implement high quality communication and interaction between adults and children, where there is a balance between self-directed play, 'in the moment' interactions and adult influenced opportunities. Consider a communication audit.
- Provide a range of opportunities for children to explore their feelings and have them identified and acknowledged by supporting adults.

### Things to note:

This is part of the Measuring Well-being and Involvement Tool Kit:

- [Help Sheet - Measuring Well-being and Involvement](#)
- [Assessment - Measuring Well-being and Involvement](#)

### Reference / Evidence base – informed by:

Leuven Scale