

## SELF-ASSESSMENT – SMILEY FACES

### EMOTIONAL WELLBEING

This Self-assessment Tool can be used before delivering lessons on mental health. It will enable your pupils to reflect on their knowledge and understanding of different emotions and how they impact on their wellbeing. It will also support the pupils in understanding how they manage their emotions in different situations and contexts. The responses from the self-assessment will provide you with some base line data which will inform your teaching and learning on emotional literacy.

This self-assessment tool is best used by an adult with a small group of children. Older children may choose to complete this self-assessment on a more individual basis.

---

#### ADMINISTERING THE SELF- ASSESSMENT ACTIVITY:

1. Provide each pupil with a self- assessment sheet.
2. Explain that one smiley face means *'I'm a little bit confident'*, two means *'I'm OK/quite confident'* and three means *'I am very confident'*.
3. Read out each statement and ask the pupils to tick the box under the right number of smileys. Explain the statement if necessary, and/or ask the pupils to give examples.

Encourage the children to be as honest as they can, thinking for themselves. Explain that the responses will help teaching staff work out what to focus on during lessons and in the class in the future.