






NAME:

DATE

**Public
Health
5-19**

Young person Discussion form

					
	1-2	3-4	5-6	7-8	9-10
On a scale of 1-10 how are you feeling today?					
Where would Friends					
Teacher					
Parent <i>put you on the scale?</i>					

If these are different to yours why might this be?

Where would you like to be on the scale? (mark in a different colour)

What needs to change to move you up just one place?

Think of another time when things were difficult :
How did you cope?

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




What was helpful?

What ideas do you have and what could you do differently to move up the scale?

What will the progress look like and who will notice?

How will their noticing effect you?

What number on the scale will this take you to and how will you stop slipping back?

				
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