

The Leuven Scales for Wellbeing and Involvement



Wellbeing focuses on the extent to which pupils feel at ease, act spontaneously, show vitality and self-confidence. It is a crucial component of emotional intelligence and good mental health.

Level

1

Extremely Low

The child clearly shows signs of discomfort such as crying or screaming. They may look dejected, sad, frightened or angry. The child does not respond to the environment, avoids contact and is withdrawn. The child may behave aggressively, hurting themselves or others.

2

Low

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.

3

Moderate

The child has a neutral posture. Facial expression and posture show little or no emotion. There are no signs indicating sadness or pleasure, comfort or discomfort.

4

High

The child shows obvious signs of satisfaction (as listed under level 5). However, these signals are not constantly present with the same intensity.

5

Extremely High

The child looks happy and cheerful and smiles or cries out with pleasure. They may be lively and full of energy. Actions can be spontaneous and expressive. The child may talk to themselves, play with sounds, hum, sing. The child appears relaxed and does not show any signs of stress or tension. They are open and accessible to the environment. The child expresses self-confidence and self-assurance.

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Involvement focuses on the extent to which pupils are operating to their full capabilities. In particular it refers to whether the child is focused, engaged and interested in various activities.

Level

1

Activity is simple, repetitive and passive. The child seems absent and displays no energy. They may stare into space or look around to see what others are doing.

Extremely Low

2

Frequently interrupted activity. The child will be engaged in the activity for some of the time they are observed, but there will be moments of non-activity when they will stare into space or be distracted by what is going on around them.

Low

3

Mainly continuous activity. The child is busy with the activity but at a fairly routine level and there are few signs of real involvement. They make some progress with what they are doing but don't show much energy and concentration and can be easily

Moderate

4

Continuous activity with intense moments. The child's activity has intense moments and at all times they seem involved. They are not easily distracted.

High

5

The child shows continuous and intense activity revealing the greatest involvement. They are concentrated, creative, energetic and persistent throughout nearly all the observed period.

Extremely High
