S.E.A.L. Assessment, Profiling and Evaluation Tool

Self-awareness & self valuing

	FS	Rating 0-3	Y1+2	Rating 0-3	Y3+4	Rating 0-3	Y5+6	Rating 0-3
Feelings of belonging	Knows and plays with most of the people in the class/group. (FSP: SD 4)		Knows and works or plays with most of the people in the class. Can communicate about people who are important to him/her.		Will work with most people in the class. Expresses his/her feelings about the important people in his/her life. Can talk about why it is important for everyone to belong to a group, and how it feels to belong.		Is able to work with everyone in class. Can identify self as belonging to different groups. Understands the effects of change and loss on feelings of belonging.	
Perception of self-efficacy	Can make choices for him/herself.		Understands that he/she has the power to make choices (e.g. about behaviour and friendships).		Understands that he/she can influence outcome by his/her choices.		Understands that he/she can change things (e.g. in school) by challenging them appropriately.	
Knowing and valuing self	Can tell you why he/she is special. Can communicate what he/she likes, and doesn't like, doing and learning. (FSP: ED 5) Can identify how he/she has changed/will change.		Can identify what he/she is good and not so good at. Can talk about how he/she is the same and different from his/her friends. Can identify his/her strengths as a learner. Can identify how he/she has changed/will change.		Can identify ways in which he/she is special, and what he/she is good at and finds difficult. Can talk about his/her personality, giving examples (e.g. if he she likes surprises). Knows his/her learning styles and uses strengths in the classroom. Can identify changes in his/her life and feelings about them.		Knows and accepts his/her strengths and weaknesses and values self. Knows him/herself as a learner. Knows what other people like or admire about him/her. Recognises his/her achievements. Can identify how change affects his/her behaviour.	
Recognising, labelling and understanding feelings	Can identify and express basic emotions,e.g. ● happy, sad, excited scared ● angry ● proud ● missing someone (FSP: ED 4)		Can identify and express a range of feelings, indicating intensity e.g. ● boredom and frustration ● worry, anxiety, pride ● jealousy and loss.		Can identify and express an increasing range of feelings, e.g. ● happy, sad, scared ● surprised, hopeful. disappointed ● hurt, guilty or ashamed. Can predict how he/she might feel in different situations.		Can identify and express a range of feelings, including mixed feelings, e.g. ● pride, worry ● embarrassment Can predict feelings that different situations might elicit, and talk about why this might be.	
Self-awareness SCORES								