

# CHILDREN'S HAPPINESS SCALE

## ATTACHMENT 24

WE  
LIFE WITHOUT BARRIERS  
VE

For children and young people 7 years and over.

Here is a list of 20 things children and young people might say about themselves.

Please read each of them and tick all the ones that are right about you. Leave the others blank.

- Life is good for me at the moment
- I am treated fairly
- I know what is happening next in my life
- I have big problems but am dealing with them
- I am quite proud of myself
- I am trying to change some things about myself
- I don't have any big problems at the moment
- I have lots of friends
- I get confused about what is going on
- I never feel safe
- I often get anxious
- I get lonely
- People are prejudiced against me
- I learn from my mistakes
- I am a shy person
- I get bullied
- I am good at learning new things
- I am getting all the help I need
- I have lots of fun
- I am easily depressed