

- Wellbeing in Mind
- Communication in Mind
- Skills in Mind
- Mood in Mind
- Activities in Mind

# The Bubbly Scale

0	1-4	4-8	8-10
My bubbly level is at 0 when I feel...	My bubbly level is at 1-4 when I feel...	My bubbly level is at 4-8 when I feel...	My bubbly level is at 8-10 when I feel...
My bubbly level is at 0 when I (actions and behaviours)...	My bubbly level is at 1-4 when I (actions and behaviours)...	My bubbly level is at 4-8 when I (actions and behaviours)...	My bubbly level is at 8-10 when I (actions and behaviours)...
When my bubbly level is at 0, I need to/others can help by...	When my bubbly level is at 1-4, I need to/others can help by...	When my bubbly level is at 4-8, I need to/others can help by...	When my bubbly level is at 8-10, I need to/others can help by...