



The 10 REST Scale Descriptors	Year 7 - Ages 11-12						Year 8 - Ages 12-13					
	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
1. The Pupil learns valuable lessons from their own experiences or mistakes and the experiences of others	3	4	1,3	1	1,5		1	2,5	1,3		5	
2. The Pupil adapts quickly to any new situations, is generally curious and asks questions	5		2,4		1,2		1		1		4	
3. Any feelings of anger, loss or discouragement that the Pupil experiences do not last long and they quickly 'bounce back'		5,6	1	1	3	5	3		1			
4. The Pupil is usually optimistic by nature, they expect to overcome difficulties and see them as temporary			3	1		4					1	
5. Keeping interested in things is important to the Pupil	1		2				2					2
6. At appropriate times the Pupil can make themselves do things whether they want to or not		1			5			2,5				
7. The Pupil does not dwell on things that they can't change or do anything about		6	3	1			3					
8. The Pupil has enough energy to cope with everything they do at school			3	1,2,4		5			1			
9. Distractions don't pull the Pupil away from concentrating on the task at hand	2		2				2		1	1		
10. The Pupil is playful, likes humour and can laugh at themselves			1	2,5								



The 10 REST Scale Descriptors	Year 9 - Ages 13-14						Year 10 - Ages 14-15					
	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
1. The Pupil learns valuable lessons from their own experiences or mistakes and the experiences of others		3	1		2	4	2,5	4	1			2,5
2. The Pupil adapts quickly to any new situations, is generally curious and asks questions	2	4			2	2		3	1			1,2
3. Any feelings of anger, loss or discouragement that the Pupil experiences do not last long and they quickly 'bounce back'		3				4	2		1,6			5
4. The Pupil is usually optimistic by nature, they expect to overcome difficulties and see them as temporary	5		3			2	6		2,6			
5. Keeping interested in things is important to the Pupil			1				1		1			
6. At appropriate times the Pupil can make themselves do things whether they want to or not					2	1		5	1,5	4		1
7. The Pupil does not dwell on things that they can't change or do anything about		3				2,4			1			2
8. The Pupil has enough energy to cope with everything they do at school			1,6			3		6	2,4	1,2	1	5
9. Distractions don't pull the Pupil away from concentrating on the task at hand			2			4			1		1	5
10. The Pupil is playful, likes humour and can laugh at themselves	4								6		3	



The 10 REST Scale Descriptors	Year 11 - Ages 15-16					
	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
1. The Pupil learns valuable lessons from their own experiences or mistakes and the experiences of others		n/a	5	5	1	n/a
2. The Pupil adapts quickly to any new situations, is generally curious and asks questions	2	n/a	3	5	1,2	n/a
3. Any feelings of anger, loss or discouragement that the Pupil experiences do not last long and they quickly 'bounce back'		n/a	5	1		n/a
4. The Pupil is usually optimistic by nature, they expect to overcome difficulties and see them as temporary		n/a	1			n/a
5. Keeping interested in things is important to the Pupil	1	n/a		1	1	n/a
6. At appropriate times the Pupil can make themselves do things whether they want to or not		n/a		1		n/a
7. The Pupil does not dwell on things that they can't change or do anything about		n/a	5			n/a
8. The Pupil has enough energy to cope with everything they do at school		n/a	1	1		n/a
9. Distractions don't pull the Pupil away from concentrating on the task at hand		n/a		1		n/a
10. The Pupil is playful, likes humour and can laugh at themselves		n/a				n/a