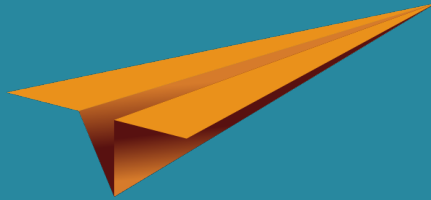


What makes you happy and
doing more of it
(Dr. John Ivens)



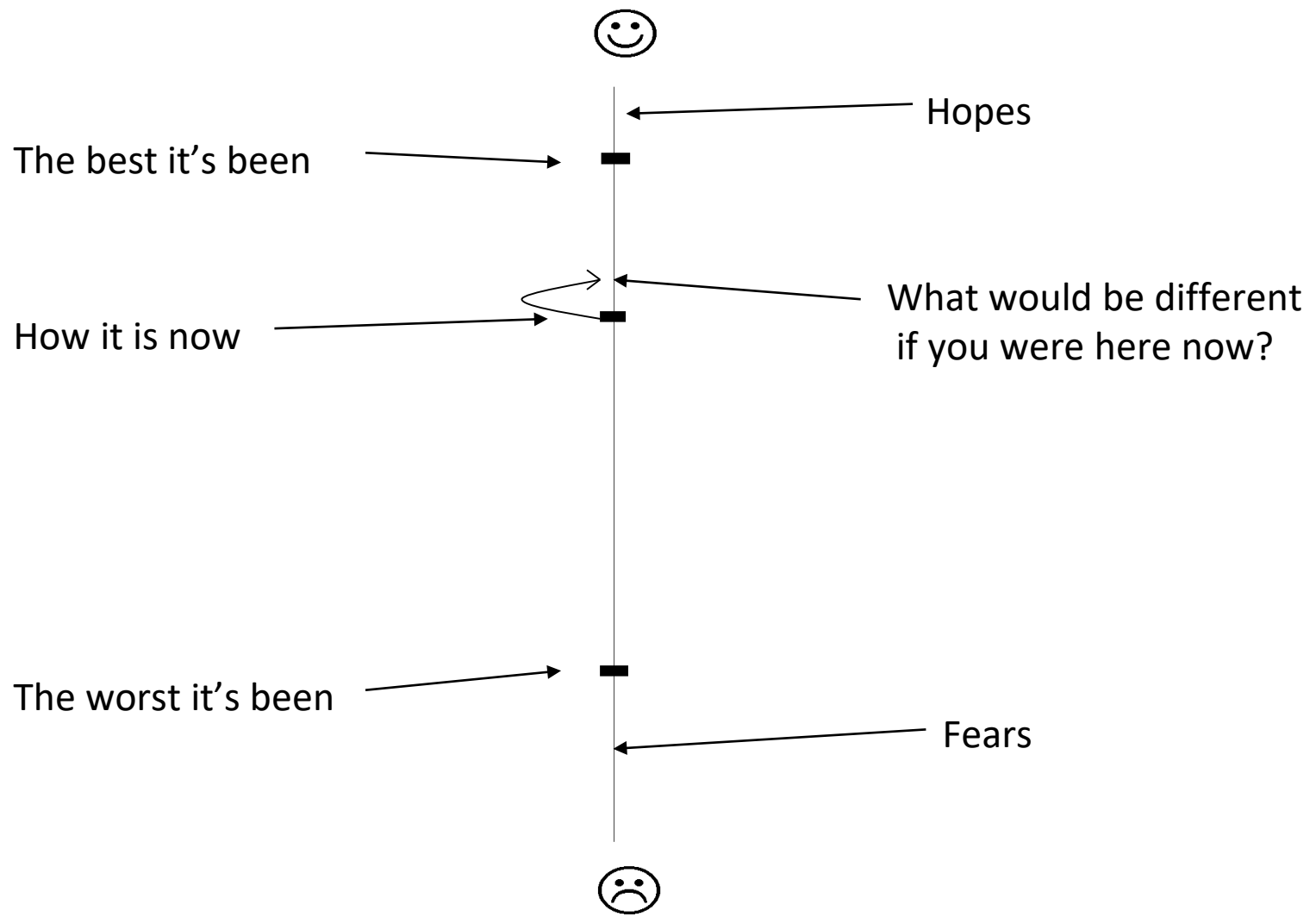


The Happiness Line Measure

HLM

Simple person-centred assessment
using one sheet of paper and a pencil





Happiness Line Measure – quick guide

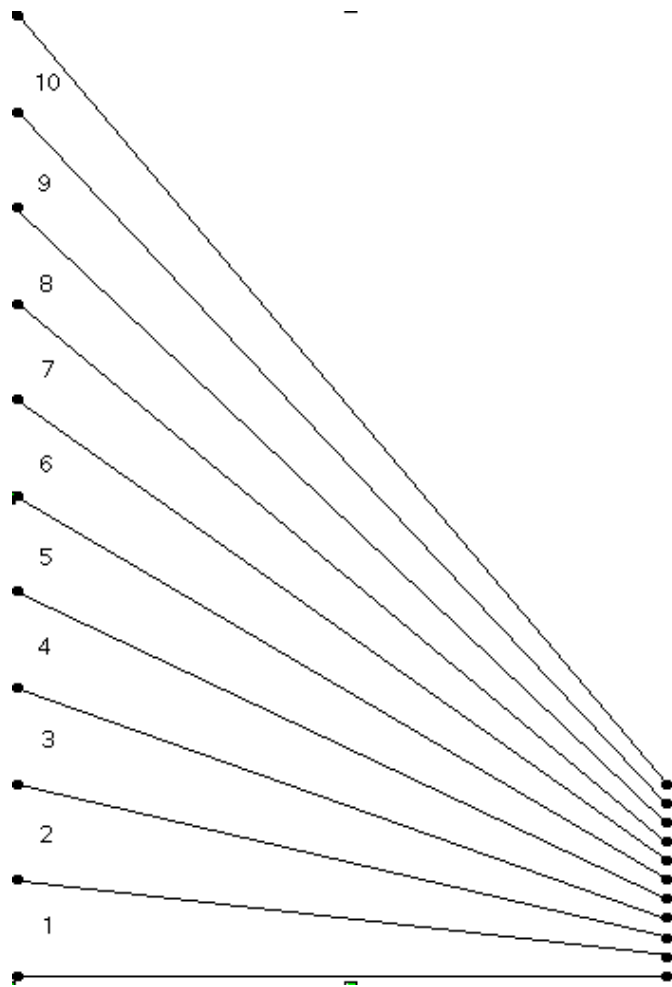
- Draw the vertical line and put a smiley face at the top and a sad face at the bottom
- The smiley face represents the happiest person in school. Why are they happy? What makes them a success?
- The sad face represents the unhappiest person in school. Why are they sad? What makes things hard for them?

- Mark on the line the happiest you have ever been.
- What was happening when you were at that point?
- What got you to this place?

- Mark on the line the unhappiest you have ever been.
- What was happening when you were at this point?
- What got you to this place?

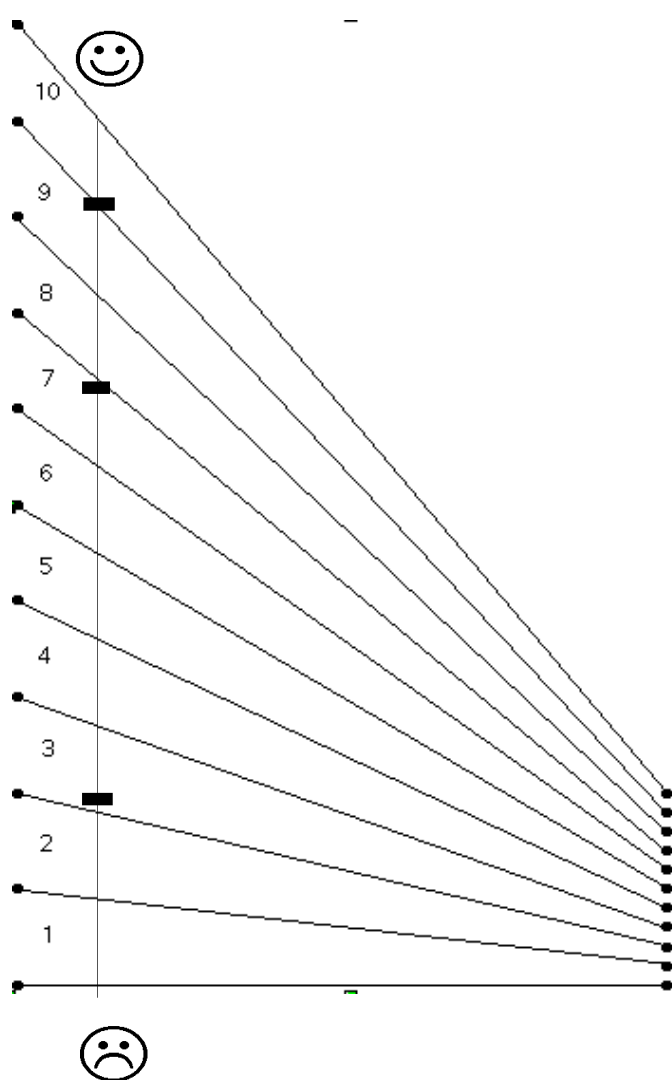
- Where are you now?
- Why?

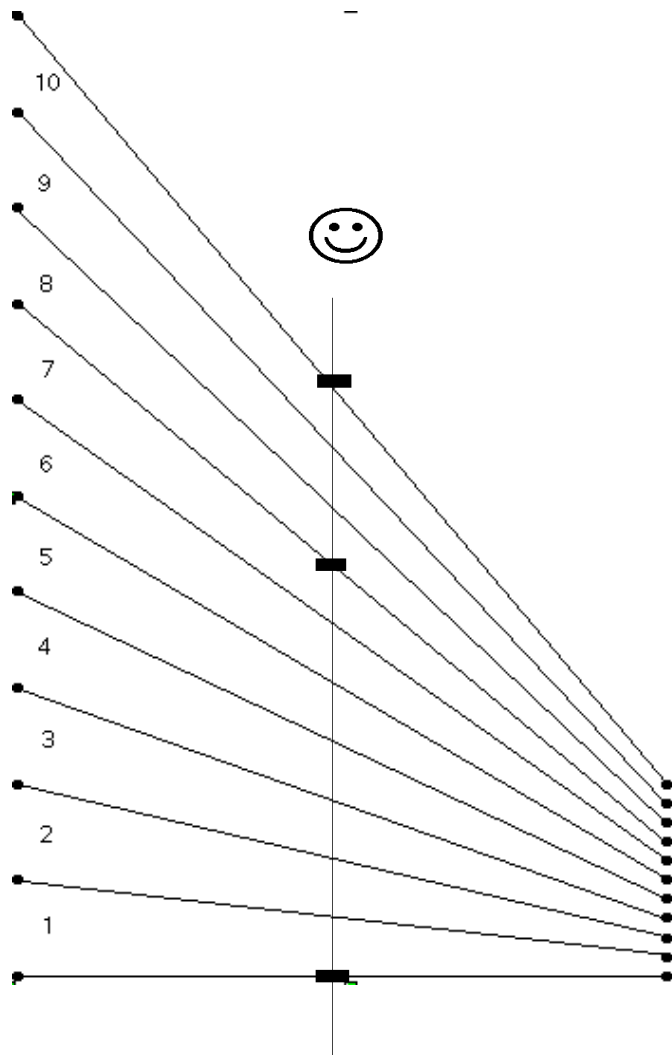
- What would it take to get you a bit higher?



-







Happiness Line Measure - Purposes

Quantitative information:

- Within person change (Time 2 – Time 1)
- An ideographic measure

Qualitative purposes:

- Self-evaluation
- Eliciting constructs
- Finding what makes happy (and sad):
- Identifying where,
- when and
- what was happening when happiest and unhappiest
- What happens next

- Helpful to both pupil and to the teacher
- Replaces more formal interviews
- Simple and unthreatening

Happiness Line Measure – Group administration

- “This line is like a ruler, but it measures happiness, not length.
- At one end of the line is a happy face, the happiest pupil in this school.
- At the other end is an unhappy face, the most unhappy pupil in this school.
- Make a mark **x** on the line to show how near you have ever got to being like the happiest pupil in the school.”
- “Make a mark **x** on the line to show how near you have ever got to being like the unhappiest pupil in the school
- **Looking at the bit of line between your two marks, decide how happy you are today, and make another mark to show if it’s nearer the happiest, or the unhappiest you’ve been, or somewhere in the middle.”**

HLM online

HLM

What makes you happy in school?

The line below goes from the unhappiest 😞 in your school, to the happiest pupil 😊

1. Try moving the slide to happy 😊 and then to sad... 😞 and back to happy again 😊

Try it now

🗨 0



2. What makes the happiest pupil 😊 in your school so happy? They are happy because... 🗨 0

3. What makes the unhappiest pupil 😞 in your school so unhappy? They are unhappy because... 🗨 0

4. Move the slider to show where you have been closest to being the happiest pupil 😊

“Delighted –Terrible Scale” - Faces

Put a circle around the face that comes closest to showing how you feel about school.





Happy in School


Happy in school


* Choose the face that shows how **you** feel about school




Very happy


A little bit
happy 

In the middle


A little bit sad


Very sad


What would make you feel a bit better in school?