

# Attention Star™ Scales

The Outcomes Star for attention, learning and behaviour

In each of the eight questions, circle the description that best fits for you now.

- 1 Stuck    2 Getting help    3 Trying things out    4 Finding what works    5 Managing well

## 1 School and learning

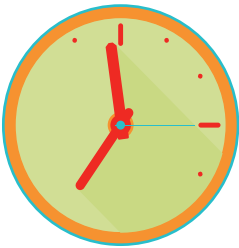
School or college, lessons, homework, school clubs and activities



- 5 I mostly find school OK and can do my work well enough
- 4 I'm finding out how to get work done at school, with some support
- 3 I'm trying to get on better at school, but it often doesn't work
- 2 I'm not learning much at school, but I have some help
- 1 I'm not learning much at school. No one is helping me

## 2 Your routine

Getting up, going to bed, sleep, mealtimes, family rules, doing things together



- 5 My family has a positive routine that supports us all
- 4 My family mostly has a positive routine, with some support
- 3 My family is trying to build a positive routine, but it often doesn't work
- 2 We don't have a family routine, but my family has some help
- 1 We don't have a family routine. No one is helping us

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Contact [info@triangleconsulting.co.uk](mailto:info@triangleconsulting.co.uk)  
or 020 7272 8765

## 3 Family

Getting on as a family, warmth and understanding, reducing conflict



- 5 My family supports me and we get on well enough most of the time
- 4 My family and I are learning how to get on better, with some support
- 3 My family and I are trying new ways to get on better, but it often doesn't work
- 2 We don't get on as a family most of the time, but we have some help
- 1 We don't get on as a family most of the time. No one is helping us

## 4 Friends

Connecting with others, maintaining friendships, communicating, social skills



- 5 I get on well with people my age and make friends well enough
- 4 I'm getting on better with other people, with some support
- 3 I'm trying to get on with other people, but it often doesn't work
- 2 I don't fit in or I upset people. I can't help it or don't know why, but I have some help
- 1 I don't fit in or I upset people. I can't help it or don't know why. No one is helping me

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