

Quality of Life Questionnaire: Landscapes of the Mind

(Child Version)

The Place of Liking Myself



- I like myself
- I feel liked
- I know what I'm good at
- People tell me I'm good at things

Yes
Sometimes
No

The Place of Calm and Feeling Safe



- I can feel calm and worry free
- I enjoy relaxing and just chilling
- When I'm upset, I go to a kind grown-up to feel better
- I feel safe at home and at school

Yes
Sometimes
No

The Place of Me with Other People



- I love to play, laugh and have fun with my friends
- If I fall out with someone, I know how to make up
- When something's too hard or bad things happen I ask for help from a grown-up
- I think about what other people are thinking and feeling

Yes
Sometimes
No

The Place of Learning, Exploring and Making Good Things Happen



- I really like learning new things about the world
- I have good ideas/I make good things happen
- I keep on going when something gets hard
- I enjoy exploring/having adventures

Yes
Sometimes
No

The Place of Standing up for Myself



- If someone's mean I stand up for myself or get help
- I know I should be treated with respect and kindness
- If someone hurts my body I know it's wrong: I get help from a grown-up
- I can say No or Stop if something doesn't feel right

Yes
Sometimes
No



The Place of Fun, Play and Excitement



- I'm good at playing
- I'm excited by life and love being alive
- I have hobbies I love (non-screen time)
- I dare to try new things

Yes
Sometimes
No


The Place of Wonder



- I'm amazed at all the beautiful things in the world
- I love being with animals and/or nature
- I enjoy getting messy
- I like to look at small details of nature

Yes
Sometimes
No

The Place of Thinking about my Life



- I stand back and think about my life
- I tell my painful feelings to grown-ups I trust
- When something's difficult, I'm good at thinking what to do
- I care very much about what happens to this world

Yes
Sometimes
No

The Place of Caring and Kindness



- Many people are kind to me
- When a person/animal is hurting I feel pain too
- I can be kind
- I love some people and know that they love me

Yes
Sometimes
No