

PERMA(H) Check-In Proforma

Home visit / re-engagement conversation for a young person not currently attending school

Name / initials		Date	
Age / year group		Adults present	

Purpose

This is a calm, low-pressure conversation to help us understand what helps, what feels hard, what matters, and what might make things feel even a little more manageable. We can pause, skip questions, or stop at any point. There is no right answer and no pressure to set a target.

Before we start

Opening explanation	A gentle way into the conversation: This is just a check-in to help me understand you a bit better. We can skip anything, pause whenever you need, and we are looking for tiny, realistic ideas - or no step if that feels right today.
Quick regulation check-in	How are you feeling in your body right now? How are you feeling in your mind right now? What is your energy like today? Anything I can do to make this feel easier?
One thing to understand	What is one thing you would really like me to understand about you today?
Consent / pacing notes	Any agreed pause signal, comfort needs, preferred pace, support from mum/TA, or topics

	to avoid:
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P - Positive Emotion

What this means	This is about moments that feel calmer, lighter, safer, easier, or even just a bit more okay. It is not about pretending things are fine.
Gentle prompts	- When do you feel even 5% more okay? - What helps your feelings settle, even a little? - When was the last time you felt slightly lighter or safer? What was different? - What already helps, even if only a bit?
Scaling + notes	Where are things sitting today for positive emotion? 1 = really hard, 5 = a little more okay Notes / pupil voice:
Tiny next step (optional)	One tiny thing that might help this area feel even half a step better is:
Helpful adult action	One small thing school / home / adults could do to make this easier is:

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E - Engagement	
What this means	This is about what absorbs you, interests you, or helps you feel more like yourself.
Gentle prompts	- What helps time go a bit quicker? - What do you get drawn into or enjoy? - When do you feel most like yourself? - Are there places, people, or activities that make it easier to join in?
Scaling + notes	Where is engagement today? 1 = nothing really pulls me in, 5 = I still have things that catch my interest Notes / pupil voice:
Tiny next step (optional)	One tiny thing that might help this area feel even half a step better is:
Helpful adult action	One small thing school / home / adults could do to make this easier is:

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R - Relationships

What this means	This is about feeling safe with people, understood, and not alone.
Gentle prompts	- Who helps you feel safest or least judged? - What does helpful support look like for you? - What support feels too much, too close, or unhelpful? - Who do you find easiest to talk to - if anyone?
Scaling + notes	Where are relationships/support today? 1 = I feel quite alone with it, 5 = I do have some safe support Notes / pupil voice:
Tiny next step (optional)	One tiny thing that might help this area feel even half a step better is:
Helpful adult action	One small thing school / home / adults could do to make this easier is:

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M - Meaning

What this means	This is about what matters to you, what you care about, and what feels important or true for you.
Gentle prompts	- What matters most to you at the moment? - What do you wish adults understood better about you? - What do you want life or school to feel more like? - What feels worth protecting, keeping, or working towards?
Scaling + notes	Where is meaning/hope today? 1 = things feel flat or pointless, 5 = I can still see some things that matter Notes / pupil voice:
Tiny next step (optional)	One tiny thing that might help this area feel even half a step better is:
Helpful adult action	One small thing school / home / adults could do to make this easier is:

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A - Accomplishment

What this means	This is about effort, progress, pride, and small signs that you are managing something important.
Gentle prompts	- What have you managed recently that others might not notice? - What are you proud of, even if it seems small? - What would count as a tiny sign of progress for you? - Where have you coped better than people might realise?
Scaling + notes	Where is accomplishment today? 1 = I do not feel very capable, 5 = I can notice some progress or strengths Notes / pupil voice:
Tiny next step (optional)	One tiny thing that might help this area feel even half a step better is:
Helpful adult action	One small thing school / home / adults could do to make this easier is:

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H - Health	
What this means	This is about sleep, energy, movement, physical comfort, sensory regulation, and what your body might be telling you.
Gentle prompts	- How is your energy across the day? - What is sleep like at the moment? - What helps your body feel calmer, safer, or more regulated? - What tends to make your body feel overwhelmed or shut down?
Scaling + notes	Where is health/regulation today? 1 = my body feels really depleted or overloaded, 5 = there are some things helping it cope Notes / pupil voice:
Tiny next step (optional)	One tiny thing that might help this area feel even half a step better is:
Helpful adult action	One small thing school / home / adults could do to make this easier is:

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Prompting reminders: keep the pace gentle; notice exceptions; ask what helps even a little; use scaling lightly; do not push for targets if the young person is not ready.