**Solution Focused Practice – Focussing on being the best I can at school**

Written and spoken in language that everyone can understand – Questions are invitations for the child/young person and those around them to describe their lives to move the conversation in the direction to help the child/young person visualise their future, if the problem was not there and to help them think what needs to happen to get there.

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| **Risks and Worries?** | **What works in relation to the risks and worries?** | **What would it look like if it was sorted?** | **What needs to happen to get there?** |
| * When you think about being at school what is your biggest worry/s problem?
* Who else is worried about this?
* What do these people who are worried see or hear you do at school, that tells them things at school are not going as well as they could?
* What do these people see or hear you do at home that tells them things are school are not going as well as they could?
* If things do not change and you still have this worry/problem what difference will this make to helping you be ……. (your long-term goal)

WORRY/PROBLEM SUMMARY | * What are you most confident about when you are at school?
* OR
* What are you best at doing in school?
* What do teachers see to show them that you are confident/best in ….?
* What do the other pupils see to show them you are confident/best in or at …………?
* Who helps you to be confident/the best and what do they do that is useful?
* What difference does this make to help you be confident/best?
* Has there been a time when the worry was not there? What was happening that was different?
* Who was helping you with this?

EXISITING STRENGTHS  | * Let’s think about what you want in the future when you have left school what would you like to do? (It’s ok if you don’t know, lets think about a place you would like to visit).
* Think about being at school and the biggest worry/s is not there, what would you be doing instead?
* What will the teachers be seeing to know that the worry is no longer there, and school is as good as it can get for you?
* What will the other pupils at school be seeing to know that the worry is no longer there, and school is as good as it can get for you?
* If this biggest worry is no longer there what difference would this make to
* you?
* People who care about you?

FUTURE GOALS | * What do you need to do to keep you on target to be………………?
* What do the teachers need to do to help you?
* When will this happen?
* What will the people around you do to make sure this is no longer a worry/problem for you and it doesn’t happen again?
* How will everyone know that things have changed?
* When can this happen by?

NEXT STEPS |

**0 being the biggest worry is here and there is no plan/steps to change it and 10 being the worry has gone and I am on target at school, being the best, I can to be ……in the future**

1. **10**

**Or you could scale a question using the information you gather from the meeting**