



(Completed by the Referrer and considers RECENT change in emotions)

	Emotional Skill	Rating				
		Very Poor 1	Poor 2	OK 3	Good 4	Very Good 5
Emotional Awareness	Can recognise feelings in other people					
	Shows empathy for others' feelings					
	Can connect feelings and reasons for the feelings e.g. upset because feeling left out					
	Can recognise own feelings e.g. worried					
Social Ability	Can make & hold eye contact					
	Can ask for adult help when needed					
	Can listen to others					
	Enjoys playing with peers					
Positive relationships	Talks positively about family/friends					
	Can maintain a friendship					
	Can compromise with peers					
	Can share with others					
Self-management	Will accept praise/compliments					
	Can accept correction					
	Can manage unexpected change					
	Has the resilience to cope with setbacks					
Feelings Management	Has appropriate strategies to manage strong feelings e.g. can walk away when angry					
	Can remove self from conflict					
	Can show emotions appropriate to the situation e.g. excited on birthday					
	Will seek adult help when needed for emotional needs e.g. if crying or anxious					

Emotional Skills Inventory

Additional information