

TRACKING SOCIAL AND EMOTIONAL SKILLS | FOUNDATION STAGE

Originally created by our colleagues in the Darlington EPS. Our thanks for permission to adapt / share.

Child's name

Person completing assessment

Class

School

Job role

Date

	Indicators	Comments	Very insecure	Slightly insecure	Secure
Self awareness	I can say something special about me		X	X	X
	I can say what I like and dislike				
Managing feelings	I can tell someone if I am happy or sad				
	I know that I get cross sometimes but that I mustn't hurt other people				
	I can usually stop and think before acting				
Motivation	I can work at something because I enjoy it				
	I can talk about why I need to do a piece of work				
Empathy	I can say when my friend is happy or sad				
	I know how to make my friend feel better				
Social skills	I can share in a group				
	I can take turns in a group				
	I can join in with other children playing a game				
	I know how to be kind to people who are new or visiting the classroom				

TRACKING SOCIAL AND EMOTIONAL SKILLS | KEY STAGE 1

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Child's name

Person completing assessment

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Date

	Indicators	Comments	Very insecure	Slightly insecure	Secure
Self awareness	I can tell you how I am the same as and different from my friends		X	X	X
	I can say what I'm good at				
	I can explain why I like or dislike something				
	I can say what I find interesting				
	I can explain why I agree or disagree with something				
	I can work well on my own for short amounts of time and ask for help when needed				
Managing feelings	I can tell someone if I'm particularly pleased or worried about something				
	I know that it is ok to have feelings but that it is not ok to behave in any way we like (if it hurts other people)				
	I sometimes use different ways to calm myself down when I feel scared or upset				
	I can talk about how I feel in new situations				
	I can explain how I felt in past situations				

TRACKING SOCIAL AND EMOTIONAL SKILLS | KEY STAGE 1 (Continued)

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Child's name

Person completing assessment

	Indicators	Comments	Very insecure	Slightly insecure	Secure
Motivation	I can work on making something because I want to see the finished object				
	I am able to talk to an adult about problems with my work and the try a different way of doing it				
	I can ignore interruptions if I am doing something I enjoy				
	I can talk about why I need to improve a piece of work				
	I can talk about what helps me to work well				
Empathy	I can sometimes tell if other people are feeling lonely or scared				
	I know some ways to make people feel better				
	I can explain why others may feel the way they do				
	I can listen to my friends and ask questions about what they have said				
	I know that if I smile at someone they will usually smile back				
Social skills	I can talk about my ideas with a friend or a teacher				
	I can talk and listen to everyone in a small group				
	I can explain why two people disagree				
	I am polite to visitors				

TRACKING SOCIAL AND EMOTIONAL SKILLS | LOWER KEY STAGE 2

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Child's name

Person completing assessment

Class

School

Job role

Date

	Indicators	Comments	Very insecure	Slightly insecure	Secure
Self awareness	I can talk about what I'm good at and what I need to improve		X	X	X
	I can say what is good about me and my culture				
	I can begin to explain my opinions about different subjects				
	I can work well on my own and ask for help when needed				
Managing feelings	I can give reasons why I'm excited or nervous				
	I know how it feels to do or start something new, and can find some ways to cope with these feelings				
	I can predict how I am going to feel in a situation and plan how to make myself feel ok				
	I can usually find a way to calm myself down when necessary				
	I can sometimes use what has happened before to help me control my feelings in difficult situations				
Motivation	I can work on learning something because I like the feeling of making or learning something				
	I am able to talk to a partner about problems with my work and then try a different way of doing it				

TRACKING SOCIAL AND EMOTIONAL SKILLS | LOWER KEY STAGE 2 (Continued)

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Child's name

Person completing assessment

	Indicators	Comments	Very insecure	Slightly insecure	Secure
Motivation	I can usually ignore interruptions and carry on working				
	I can work with a partner to assess my work and identify targets for improvement				
	I can talk about how the surroundings affect the way I work				
Empathy	I can sometimes tell if other people are feeling worried or nervous				
	I use different ways of making people feel better depending on the situation				
	I can listen to other people and ask questions about what they have said				
	I can say how smiling or being cross affects other people				
Social skills	I can give and accept a compliment				
	I can talk, listen and question when working in a small group				
	I can play and learn with others, sharing responsibilities and tasks				
	I can recognise when there is a disagreement and suggest ways of sorting it out				
	I know that people have different opinions and try to understand their points of view				
	I act appropriately according to who I am with				

TRACKING SOCIAL AND EMOTIONAL SKILLS | UPPER KEY STAGE 2

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Child's name

Person completing assessment

Class

School

Job role

Date

	Indicators	Comments	Very insecure	Slightly insecure	Secure
Self awareness	I can talk about my strengths and areas of development		X	X	X
	I can begin to make up my own mind and make decisions based on different opinions				
	I can motivate myself to work well on my own and ask for help when needed				
Managing feelings	I can use appropriate words to explain how I feel				
	I can explain how I feel in new situations and have strategies to help me cope				
	I have some strategies to cope with uncomfortable feelings and to calm myself when necessary				
	I use past experiences to help me control my feelings in difficult situations				
Motivation	I work for the pleasure of learning, creating or doing in its own right				
	I am able to persevere even when experiencing difficulties, and try additional and alternative approaches				
	I can ignore interruptions and carry on working				
	I can set my own goals and work towards them as well as working towards goals set by others				
	I can break down long term goals and evaluate my progress towards these				

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Motivation	I recognise when I have achieved my goals and gain pleasure from experiencing success				
	I can make decisions about the ways that I work				
Empathy	I can anticipate when other people may feel worried or nervous				
	I can help others to feel valued and welcomed				
	I can recognise similarities and differences between myself and other people				
	I can show that I value other people by taking an interest in what they say and do				
	I can recognise and label the feelings and behaviours of others				
	I can describe how my mood can affect other people in the room				
Social skills	I work well in a group, and can tell you what helps my group to work well together				
	I can listen to, respond to and interact with others				
	I can play and learn with others, taking on different responsibilities and tasks				
	I can predict when there may be conflict and can take action to prevent it happening				
	I can discuss politely even when other people think differently to me				
	I act appropriately according to who I am with and where I am				