

MINI SEL ASSESSMENT FOR THE 5 CASEL COMPETENCIES

Child's Name

Date

	I can...	Never	Not much	Sometimes	Often	Always
1	All about me (Self awareness)	X	X	X	X	X
	I can tell you how I'm feeling (like happy, sad, or angry*).					
	I can show you what makes me feel happy or worried.					
	I can name some things I'm really good at, like drawing or being kind.					
2	Taking Care of Myself (Self-management)					
	I can do things to help myself calm down when I'm upset, like taking a deep breath.					
	I can pick a small goal and try my best to reach it, like finishing my homework.					
	I can stop and think before I do something.					
	I can keep trying, even when something is tricky.					
3	Understanding Others (Social awareness)					
	I can recognise when I am beginning to feel overwhelmed or lose control.					
	I can try to understand how someone else feels, even if they're different from me.					
	I can notice and respect that everyone is special and unique.					
4	Being a Good Friend (Relationship Skills)					
	I can listen carefully when someone is talking.					
	I can try to see things from someone else's side, especially if we don't agree.					
	I can work nicely with others in a group					
	I can share my things and take turns.					
5	Making Good Choices (Responsible decision-making)					
	I can tell people what I need and how I feel in a polite way.					
	I can sort out little arguments with my friends peacefully.					
	I can ask for help when I need it, from a grown-up or a friend.					
	I can think about what might happen before I do something.					
	I can see that I have choices to make.					
	I can choose to do something safe and healthy.					
	I can think about my choices later and learn from them.					