



Tracking Social and Emotional Skills Foundation Stage

Name of Person completing Assessment _____ Teacher, ELSA, Parent

Child's Name:

School:

Class:

	Indicators	Comments	Significantly insecure	Slightly insecure	Secure
Self Awareness	<ul style="list-style-type: none"> I can say something special about me 				
	<ul style="list-style-type: none"> I can say what I like and dislike 				
Managing feelings	<ul style="list-style-type: none"> I can tell someone if I am happy or sad 				
	<ul style="list-style-type: none"> I know that I get cross sometimes but that I mustn't hurt other people 				
	<ul style="list-style-type: none"> I can usually stop and think before acting 				
Motivation	<ul style="list-style-type: none"> I can work at something because I enjoy it 				
	<ul style="list-style-type: none"> I can talk about why I need to do a piece of work 				
Empathy	<ul style="list-style-type: none"> I can say when my friend is happy or sad 				
	<ul style="list-style-type: none"> I know how to make my friend feel better 				
Social Skills	<ul style="list-style-type: none"> I can share in a group 				
	<ul style="list-style-type: none"> I can take turns in a group 				
	<ul style="list-style-type: none"> I can join in with other children playing a game 				
	<ul style="list-style-type: none"> I know how to be kind to people who are new or visiting the classroom 				



Tracking Social and Emotional Skills Key Stage One

Name of Person completing Assessment _____

Teacher, ELSA, Parent _____

Child's Name: _____

School: _____

Class: _____

	Indicators	Comments	Significantly insecure	Slightly insecure	Secure
Self Awareness	• I can tell you how I am the same as and different from my friends				
	• 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 please 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				
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				
Empathy	• I can talk about what helps me to work well				
	• 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				
Social Skills	• I know that if I smile at someone they will usually smile back				
	• 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				



Name of Person completing Assessment: _____ Teacher, ELSA, Parent

Child's Name:

School:

Class:

	Indicators	Comments	Significantly insecure	Slightly insecure	Secure
Self Awareness	<ul style="list-style-type: none"> I can talk about what I'm good at and what I need to improve 				
	<ul style="list-style-type: none"> I can say what is good about me and my culture 				
	<ul style="list-style-type: none"> I can begin to explain my opinions about different subjects 				
	<ul style="list-style-type: none"> I can work well on my own and ask for help when needed 				
Managing feelings	<ul style="list-style-type: none"> I can give reasons why I'm excited or nervous 				
	<ul style="list-style-type: none"> I know how it feels to do or start something new, and can find some ways to cope with these feelings 				
	<ul style="list-style-type: none"> I can predict how I am going to feel in a situation and plan how to make myself feel ok 				
	<ul style="list-style-type: none"> I can usually find a way to calm myself down when necessary 				
	<ul style="list-style-type: none"> I can sometimes use what has happened before to help me control my feelings in difficult situations 				
Motivation	<ul style="list-style-type: none"> I can work on learning something because I like the feeling of making or learning something 				
	<ul style="list-style-type: none"> I am able to talk to a partner about problems with my work and then try a different way of doing it 				
	<ul style="list-style-type: none"> I can usually ignore interruptions and carry on working 				
	<ul style="list-style-type: none"> I can work with a partner to assess my work and identify targets for improvement 				
	<ul style="list-style-type: none"> I can talk about how the surroundings affect the way I work 				
Empathy	<ul style="list-style-type: none"> I can sometimes tell if other people are feeling worried or nervous 				
	<ul style="list-style-type: none"> I use different ways of making people feel better depending on the situation 				
	<ul style="list-style-type: none"> I can listen to other people and ask questions about what they have said 				
	<ul style="list-style-type: none"> I can say how smiling or being cross affects other people 				
Social Skills	<ul style="list-style-type: none"> I can give and accept a compliment 				
	<ul style="list-style-type: none"> I can talk, listen and question when working in a small group 				
	<ul style="list-style-type: none"> I can play and learn with others, sharing responsibilities and tasks 				
	<ul style="list-style-type: none"> I can recognise when there is a disagreement and suggest ways of sorting it out 				
	<ul style="list-style-type: none"> I know that people have different opinions and try to understand their points of view 				
	<ul style="list-style-type: none"> I act appropriately according to who I am with 				

Tracking Social and Emotional Skills Upper Key Stage Two

Name of Person completing Assessment

Teacher, ELSA, Parent

Child's Name:

School:

Class:

Indicators		Comments	Significantly insecure	Slightly insecure	Secure
Self Awareness	<ul style="list-style-type: none"> I can talk about my strengths and areas of development 				
	<ul style="list-style-type: none"> I can begin to make up my own mind and make decisions based on different opinions 				
	<ul style="list-style-type: none"> I can motivate myself to work well on my own and ask for help when needed 				
Managing feelings	<ul style="list-style-type: none"> I can use appropriate words to explain how I feel 				
	<ul style="list-style-type: none"> I can explain how I feel in new situations and have strategies to help me cope 				
	<ul style="list-style-type: none"> I have some strategies to cope with uncomfortable feelings and to calm myself when necessary 				
	<ul style="list-style-type: none"> I use past experiences to help me control my feelings in difficult situations 				
Motivation	<ul style="list-style-type: none"> I work for the pleasure of learning, creating or doing in its own right 				
	<ul style="list-style-type: none"> I am able to persevere even when experiencing difficulties, and try additional and alternative approaches 				
	<ul style="list-style-type: none"> I can ignore interruptions and carry on working 				
	<ul style="list-style-type: none"> I can set my own goals and work towards them as well as working towards goals set by others 				
	<ul style="list-style-type: none"> I can break down long term goals and evaluate my progress towards these 				
	<ul style="list-style-type: none"> I recognise when I have achieved my goals and gain pleasure from experiencing success 				
	<ul style="list-style-type: none"> I can make decisions about the ways that I work 				
Empathy	<ul style="list-style-type: none"> I can anticipate when other people may feel worried or nervous 				
	<ul style="list-style-type: none"> I can help others to feel valued and welcomed 				
	<ul style="list-style-type: none"> I can recognise similarities and differences between myself and other people 				
	<ul style="list-style-type: none"> I can show that I value other people by taking an interest in what they say and do 				
	<ul style="list-style-type: none"> I can recognise and label the feelings and behaviours of others 				
	<ul style="list-style-type: none"> I can describe how my mood can affect other people in the room 				
Social Skills	<ul style="list-style-type: none"> I work well in a group, and can tell you what helps my group to work well together 				
	<ul style="list-style-type: none"> I can listen to, respond to and interact with others 				
	<ul style="list-style-type: none"> I can play and learn with others, taking on different responsibilities and tasks 				
	<ul style="list-style-type: none"> I can predict when there may be conflict and can take action to prevent it happening 				
	<ul style="list-style-type: none"> I can discuss politely even when other people think differently to me 				
	<ul style="list-style-type: none"> I act appropriately according to who I am with and where I am 				

Name of Person completing Assessment

Teacher, ELSA, Parent

Young person's Name:

School:

Class:

	Indicators	Comments	Significantly insecure	Slightly insecure	Secure
Self Awareness	• I am self-reflective and aware of my preferred learning styles, strengths and weaknesses?				
	• I am aware of my own cultural values and beliefs				
	• I am able to express how I am feeling verbally/ in written form using appropriate vocabulary				
	• If I am upset, I can explain why				
	• I believe I warrant praise when I have done something well				
Managing feelings	• I am able to control my temper				
	• I can manage my feelings if I do badly at something				
	• I calm down quickly after I have got upset				
	• I can wait patiently for my turn				
	• I practise calming activities/techniques				
	• I take responsibility for my behaviour				
	• I have a bank of 'alternative' responses to difficult situations, such as counting to ten before reacting, steady breathing, relaxation, positive self-talk				
Motivation	• I am able to fully complete set tasks				
	• I give myself enough time to complete work set				
	• I carry on even if I find the something difficult				
	• I make a good effort with most of my school work				
	• If I make a mistake, I am able to accept this and move on				
	• I set myself realistic targets				
	• I have aspirations				
	• I am able to consider a range of responses to problems rather than looking for a single answer				
Empathy	• I can listen to other people's views even when I think they are wrong				
	• I know when others are starting to get upset				
	• I am able to support others if they get things wrong				
	• When I notice others getting upset, I try to help them feel better				
	• I know what to do if someone is being bullied				
	• I can see a problem from another person's point of view				
	• I respect and do not judge others and their values/opinions				
	• I see the value in repairing relationships				
Social Skills	• I am able to appreciate diversity				
	• A lot of people seem to like me				
	• I can make new friends easily				
	• I am an outgoing person				
	• I can usually be seen within a group				
	• have the skills to resolve conflict with my peers				

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	• I am able to actively listen to others				