

## My Emotional Literacy Skills

Pupil name: \_\_\_\_\_

Skill	Ability					Total	
	1 I need a lot of help	2	3	4	5 I'm really good at this	Baseline score  Date:	Review  Date:
Recognise how I am feeling and explain this to others in my own words							
I can explain why I am feeling that way							
I can help myself to feel calm again after I have become upset							
I can recognise feelings in other people							
I understand how other people may be feeling and show kindness towards them or support them							
I can ask for help with my feelings if I need to							
I know and use lots of different words to describe feelings, including lots of words for the same emotion (e.g. angry, furious, hurt, mad, etc)							
I show the right feelings in a range of situations (e.g. I would feel and show happiness if my friend told me a funny joke or shared some good news)							
I think I show my feelings well in my facial expressions							
I feel good about myself							
There are many things I am good at							
I like it when people praise me							
I keep going when tasks are difficult or try another way of solving a problem							
I know I can improve my skills							

I trust the people in my life							
There are people in my life who think I am important to them							
I can cope with changes in my day							
I feel like I belong at school							
I have a good group of friends							
My behaviour is appropriate across different social contexts							
I am a good friend							
I know how to repair friendships when they breakdown							
I know what to say to others during social times							