Emotional Development Assessment

**Complete Items**

1. Uses emotion regulation strategies successfully when overwhelmed with positive or negative feelings.
2. Tries to support peers who are experiencing negative emotions.
3. Is normally happy and positive.
4. Seeks help and support from others when feeling negative emotions.
5. Uses the Feelings Helper strategy fully and successfully.

**Instructions**

Assess each child using the **complete items** **above**. Indicate how much you agree with each item on a scale of 1 – 6. Calculate a total score (30 pts possible). Complete the date, teacher and year information in the top row.

**6-Point Rating Scale**

*6 strongly agree 5 agree 4 somewhat agree 3 somewhat disagree 2 disagree 1 strongly disagree*

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| **Teacher**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Year**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Child Name** | | 1. Uses emotion regulation strategies | 1. Supports peers’ emotional needs | 1. Is normally happy | 1. Seeks help for feelings | 1. Uses *Feelings Helper*   successfully | **Date**  \_\_\_\_/\_\_\_\_/\_\_\_\_  **Total Score** |
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| 20 |  |  |  |  |  |  |  |