

PITSTOP PARENT CHECKLIST

Personal & Social Capabilities Checklist 4 Parent/s Connecting 4 Friendships: Playground Resilience & Wisdom

Name: _____ Year: _____ Date: _____ ☐

Tick or highlight the box that applies to your child. Remember that social and emotional skills and strategies are always developing, so answer as your child presents now.

1. Not yet

2. Developing

3. Achieved

Self-awareness: Your child...	1	2	3
Recognises their own (and others') emotions.			
Knows the words or actions of others change their emotional responses.			
Understands that big emotional responses might have consequences.			
Knows what they like, what they dislike and what they need to be happy.			

Self-management: Your child...	1	2	3
Knows that their emotions impacts on their thinking, behaviour and learning.			
Expresses their emotions constructively with others.			
Knows how to calm down.			
Knows that their emotional state impacts on their relationships with others.			

Social awareness: Your child...	1	2	3
Knows that other people have different points of view.			
Knows that the way they use language impacts on other people's feelings.			
Understands that other people have different emotions and interests.			
Knows that they are valued in your home and their school community.			
Knows how to make and keep friends.			
Knows what 'friendliness' factors help to build relationships.			
Manages difficult social relationships.			

Social management: Your child...	1	2	3
Understands and empathises with the feelings and needs of others.			
Positively initiates and joins interactions.			
Shows awareness of the impact of their body language.			
Shows the ability to build positive social relationships.			
Accepts others' views and opinions.			
Understands that sometimes they might be responsible for social conflicts.			
Tries different social conflict resolution skills and strategies.			