Social Emotional Preschool Checklist

Taken from Social –Emotional Assessment/Evaluation Measure (SEAM)

By Squires, Bricker, Waddell, Funk, Clifford and Hoselton 2014

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| Benchmark | Item | Notations/observations/date |
| Preschool age child  demonstrates healthy interactions  with others | 1.1 child shows affection toward you and other familial adults and children |  |
|  | 1.2 Child talks and plays with you and other familial adults and children |  |
|  | 1.3 Child uses words to let you know if he needs help, attention or comfort |  |
|  | 1.4 Child plays with other children- initiates and joins |  |
|  | 1.5 Child shares and takes turns with other children |  |
|  |  |  |
| Preschool child expresses a range of emotions | 2.1 child smiles and laughs |  |
|  | 2.2 child expresses a range of emotions using a variety of strategies |  |
|  | 2.3 child describes emotions of others |  |
|  | 2.4 child identifies own emotions |  |
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| Preschool child regulates social emotional responses | 3.1 child can calm self after periods of exciting activity |  |
|  | 3.2 child responds to peer’s or caregiver’s soothing when upset |  |
|  | 3.3 child can calm self when upset within 5 minutes |  |
|  | 3.4 Child remains calm in disappointing situations |  |
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| Preschool child shows empathy for others | 4.1 child responds appropriately to other’s emotional responses |  |
|  | 4.2 Child tries to comfort others when they are upset |  |
| Preschool child shares and engages with others | 5.1 child focuses on or joins activities |  |
|  | 5.2 child greets adults and peers |  |
|  | 5.3 child cooperates in play and when completing a task |  |
|  | 5.4 child participates appropriately in group activities |  |
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| Preschool child demonstrates independence | 6.1 child explores new materials and settings |  |
|  | 6.2 child can leave parent without distress |  |
|  | 6.3 child tries a new task before seeking help |  |
|  | 6.4 child stays with or returns to challenging tasks |  |
|  |  |  |
| Preschool age child displays a positive self image | 7.1 child shows off work and takes pride in accomplishments |  |
|  | 7.2 child makes positive statements about self |  |
|  | 7.3 child knows personal information |  |
|  |  |  |
| Preschool age child regulates attention and activity level | 8.1 child regulates activity level to match setting |  |
|  | 8.2 child participates in early literacy activities |  |
|  | 8.3 child stays with motor activity for 10 minutes or longer |  |
|  | 8.4 child moves from one activity to another without problems |  |
|  |  |  |
| Preschool age child cooperates with daily routines and requests | 9.1 child follows routines and rules |  |
|  | 9.2 child does what he is asked to do |  |
|  | 9.3 child responds appropriately when corrected by adults |  |
|  |  |  |
| Preschool age child shows a range of adaptive skills | 10.1 child solves problems to meet needs |  |
|  | 10.2 child manages changes in settings and conditions |  |
|  | 10.3 child keeps self safe in potentially dangerous situations |  |
|  | 10.4 child feeds self and eats a variety of foods without a problem |  |
|  | 10.5 child dresses self |  |
|  | 10.6 child uses toilet appropriately |  |
|  | 10.7 child goes to bed and falls asleep without a problem |  |
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