





Sample pages from the 'Self-assessment booklets' ('All About Me')

- **Foundation Stage (Managing feelings + Motivation)**
- **KS1 (Managing feelings)**
- **KS2 (Y3+4) (Managing feelings)**
- **KS2 (Y5+6) (Managing feelings)**





Self Assessment in
S.E.A.L.
 Social and Emotional Aspects of Learning


<p style="text-align: center; font-size: small;">Self Assessment in SEAL: All about me (Foundation Stage)</p> <p style="text-align: center;"><u>Managing my feelings</u></p> <p>1. I can wait my turn. 😊 ☹️</p> <div style="text-align: center; margin: 10px 0;">  </div> <p>2. I can calm myself down when I feel angry or scared. 😊 ☹️</p> <p>3. I can make myself feel better when I feel sad. 😊 ☹️</p> <div style="text-align: center; margin: 10px 0;">  </div> <p style="text-align: center; font-size: x-small;">© Futurelink Publishing 2007</p> <p style="text-align: center;">5</p>	<p style="text-align: center; font-size: small;">Self Assessment in SEAL: All about me (Foundation Stage)</p> <p style="text-align: center;"><u>Getting the job done</u></p> <p>1. I can make a plan for myself and carry it out. 😊 ☹️</p> <p>I can make a plan with other people. 😊 ☹️</p> <div style="text-align: center; margin: 10px 0;">  </div> <p>2. I can keep going with my plan, even when it is hard. 😊 ☹️</p> <div style="text-align: center; margin: 10px 0;">  </div> <p style="text-align: center; font-size: x-small;">© Futurelink Publishing 2007</p> <p style="text-align: center;">6</p>
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Self Assessment in SEAL: All about me (Key Stage 1)

Managing my feelings

1. I can tell you about a time I had very angry feelings and how it felt. 





2. I can tell you about a time I acted without thinking through what I was doing (when I was impulsive). 




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Self Assessment in SEAL: All about me (Key Stage 1)

3. I can tell you about a time I thought carefully before I did something. 


4. I know some ways to calm down when I have uncomfortable feelings like anger or fear. 




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Self Assessment in SEAL: All about me (Key Stage 2: Y3+4)

Section 2 Managing my feelings

1. I can tell you some of the things that make me angry (my 'triggers'). 


1	2	3	4	5	6	7	8	9	10
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2. I can tell you what it feels like and what happens to my body when I get angry. 

1	2	3	4	5	6	7	8	9	10
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3. I can tell you why it is important to try to calm down as soon as you start feeling angry.

1	2	3	4	5	6	7	8	9	10
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4. I understand some of the feelings that people might have when they have lost someone or something important to them. 

1	2	3	4	5	6	7	8	9	10
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Self Assessment in SEAL: All about me (Key Stage 2: Y3+4)

5. I can tell you what it feels for me like when things change

1	2	3	4	5	6	7	8	9	10
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6. I usually stop and think before I act, even if I am feeling angry or stressed.

1	2	3	4	5	6	7	8	9	10
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7. I am good at calming myself down when I am feeling angry, or scared (for example when I am doing something new). 

1	2	3	4	5	6	7	8	9	10
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Self Assessment in SEAL: All about me (Key Stage 2: Y5+6)

QUIZ 2 In control?

Score

1. I understand the triggers for my anger.





2. I understand the reasons why I sometimes get overwhelmed by anger, and can stop and think about the consequences when this happens.

3. I understand some of the ways people (including myself!) feel and act when they have experienced a difficult change or loss.



4. I understand that the feelings I have are telling me something that I might need to know.

Self Assessment in SEAL: All about me (Key Stage 2: Y5+6)



5. I usually think about the consequences of different choices before I act, even if I am feeling strongly about something.

6. I tend to be more thoughtful than impulsive in my behaviour.

7. I am good at calming myself down when I am feeling a strong feeling, like anxiety or anger.

8. I believe that what I choose to think can make a difference to how I feel and act.

9. I can use positive thinking to change uncomfortable feelings (like worry or embarrassment) into more comfortable ones.



10. I can disguise a feeling if I need to, so that others can't tell what I am really feeling.