

AutPlay® Emotional Regulation Inventory – Child (3-11)

Child's Name _____ Age _____ Gender _____ Date _____

Rate the following emotional regulation abilities on the continuum from not developed to developed with a 1 being not developed at all and a 5 being sufficiently developed. Try to recall situations with your child and adequately assess his/her level of proficiency. If you are unsure, leave blank.

My child verbalizes positive emotions.

1 2 3 4 5

My child verbalizes negative emotions.

1 2 3 4 5

My child shows appropriate body language to match an emotion.

1 2 3 4 5

My child can differentiate between at least 5 emotions.

1 2 3 4 5

My child recognizes when another person is feeling something.

1 2 3 4 5

My child can accurately identify an emotion in another person.

1 2 3 4 5

My child understands anxiety and can self calm.

1 2 3 4 5

My child understands anger and knows anger reducing strategies.

1 2 3 4 5

My child can verbalize when he or she feels angry or anxious.

1 2 3 4 5

My child shows emotions in pretend or symbolic play.

1 2 3 4 5

My child can verbalize when he or she feels confused.

1 2 3 4 5

My child can identify an emotion that goes with a certain situation such as what someone would feel when they are at a funeral.

1 2 3 4 5

