

AutPlay® Emotional Regulation Inventory – Adolescent (12-18)

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 10 emotions.

1 2 3 4 5

My child recognizes emotions in others.

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 when anxious.

1 2 3 4 5

My child understands anger and knows anger reducing techniques.

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 emotion in regard to peer and family relationships.

1 2 3 4 5

My child seems to understand and express empathy.

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

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Please answer the following questions regarding your child’s emotional regulation. Try to think about specific times you have observed with your child and answer the questions as completely as possible.

- 1) Describe a situation in which your child appropriately expressed an emotion.

- 2) Describe a situation where your child was expressing a negative emotion and was able to self calm.

- 3) Describe a situation when your child accurately identified an emotion in another person.

- 4) Describe how emotions are show and expressed in your family.

- 5) Describe how emotions are currently taught and or modeled for your child.