

# Strengths and Abilities Communication Checklist

This Strengths and Abilities Communication Checklist can help you think about areas that may be a strength for a child, as well as areas where further support can help a child thrive at long day care and/or kindergarten. Parents and teachers can tick any areas they would like to talk about together. You can use your knowledge of the child and your observations to complete this checklist. You can also consider asking the child (if appropriate, according to their age and ability) some of the questions to include their own voice.

## Personal preferences:

Repetition	Following the rules
Routines	Thinking/observing before joining in
Activities that involve creativity	Being active
New/unfamiliar situations	Play
A specific sensory experience (sounds, textures, lights, smells)	Music or dancing
Playing with others	Hands-on or tactile experiences
Playing alone	Technology
Taking risks or trying new things	Toys

Is there anything in particular that makes him/her happy? (please list)

Is there anything specific in regards to preferences that you would like to discuss:

### Character traits

Sense of humour	Affectionate	Patient
Loving	Responsible	Creative
Enthusiastic	Cheerful	Confident
Playful	Easy Going	Brave
Thoughtful	Gentle	Other (please list)

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## Movement and senses:

Energy

Balance

Mobility

Coordination

Hearing

Vision

## Learning:

Loves or enjoys learning

Perseveres with a task when bored

Persists with a task until they get it right

Curiosity

Imaginative

Good memory

Learns through watching someone

Learns through hearing someone

Learns through imitation

Learns through movement

Enjoys learning facts

Enjoys reading

Interested in a specific topic

Likes their work to be perfect

Sitting still and keeping hands to self

Follows instructions easily

Keeps track of their things and can be organized

Has an eye for detail

Eye-hand coordination

## Feelings: (e.g. do they have good strategies for managing frustration?)

Are there specific approaches that enable them to feel confident and calm?)

Calm/relaxed

Happy

Excited

Sad

Unsettled

Angry

Frustrated

Shy

Anxious/fearful

Restless

Proud

Frustrated

Embarrassed

Confident

Excited

Isolated

Accepted/loved/connected

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## Communication:

Does your child communicate using signs/gestures, assistive device, picture cards, sentences, single words, short phrases, full sentences?

Can they ask for help?

Can they express what they are thinking or feeling when tired, hungry, frustrated?

Are they able to express how they are feeling in a positive way?

## Living skills:

Needs support to eat

Learning to eat on their own

Eats independently

Showing initial interest in using the toilet

Learning to use the toilet

Uses the toilet independently

Needs company / support to rest or sleep

Can settle on their own for quiet time or sleep

Needs support to get dressed

Manages clothing independently

## Social connections:

Knows how to join a group or other children engaged in an activity

Prefers to play with other children

Prefers to play alone

Prefers small groups

Prefers large groups

Becomes upset if others are loud or yelling

Knows when other people need help and how to get help for them

Shows empathy or kindness to others

Confident

Good listener

Likes to be the leader

Prefers to follow

Enjoys being part of a team

Likes it when everyone plays by the rules

Happy for others when good things happen

Friendly and welcoming of others

Quick to 'forgive and forget'

Helpful