

Emotional Intelligence Assessment for Children

Child's Name: _____

Age: _____ Grade: _____

Date: _____

Completed by: ☐ Child ☐ Parent ☐ Teacher ☐ Coach

How to Answer:

Circle the answer that fits best.

1 = Not yet

2 = Sometimes

3 = Most of the time

4 = Always

1. Self-Awareness (Knowing My Feelings)

1. I can tell how I feel (happy, sad, mad, excited).
1 2 3 4
 2. I can name my feelings with words.
1 2 3 4
 3. I notice how my body feels when I am upset.
1 2 3 4
 4. I understand why I feel the way I do.
1 2 3 4
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2. Self-Management (Handling My Feelings)

5. I can calm myself down when I feel upset.
1 2 3 4
6. I try to think before I act.
1 2 3 4
7. I use tools (deep breathing, counting, quiet time) to help myself.
1 2 3 4
8. I can keep trying even when something is hard.
1 2 3 4

3. Social Awareness (Understanding Others)

9. I can tell how others might be feeling.
1 2 3 4

10. I listen when others are talking.
1 2 3 4
11. I notice when someone needs help or kindness.
1 2 3 4
12. I respect differences between people.
1 2 3 4
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4. Relationship Skills (Getting Along with Others)

13. I use kind words when I talk to others.
1 2 3 4
14. I can share and take turns.
1 2 3 4
15. I try to solve problems without yelling or hitting.
1 2 3 4
16. I can ask for help when I need it.
1 2 3 4

5. Responsible Decision-Making

17. I think about what might happen before I make a choice.
1 2 3 4
18. I try to make safe and kind choices.
1 2 3 4
19. I learn from my mistakes.
1 2 3 4
20. I know right from wrong.
1 2 3 4
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Reflection Questions (Optional – Open-Ended)

- One feeling I feel a lot is: _____
- When I feel upset, I usually: _____
- Something I am good at with my feelings: _____
- Something I want to get better at: _____

Scoring Guide (For Adults)

- **80–65:** Strong EQ skills
- **64–50:** Developing well
- **49–35:** Needs support & practice

- **Below 35:** Focus area for coaching/intervention

Use results to guide lessons, not to label the child.