

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 school. Parents and teachers can tick any areas they would like to discuss together. You can also involve a child in identifying their strengths as well areas they would like more support with.

Personal preferences:

Does your child/student particularly like or dislike:

- | | |
|---|---|
| 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, pain) | Music |
| Working with others | Hands-on or tactile experiences |
| Working alone | Technology |
| Taking risks or trying new things | Visual learning (e.g. pictures, videos) |

Is there anything in particular that makes your child/student happy? (please list)

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

Character traits

- | | | |
|-----------------|-------------|---------------------|
| Sense of humour | Cheerful | Other (please list) |
| Loving | Easy Going | Grateful |
| Enthusiastic | Gentle | Resilient |
| Playful | Patient | Brave |
| Thoughtful | Creative | Honest |
| Affectionate | Confident | |
| Responsible | Hardworking | |

Strengths and Abilities Communication Checklist

Movement and senses:

Energy/endurance

Strength and Balance

Mobility

Coordination

Flexibility (physical)

Vision

Hearing

Learning:

Loves or enjoys learning

Perseveres with a task when bored.

Persists with a task until they get it right.

Focuses on work without prompts

Handwriting

Reading

Learns through watching someone

Keeps track of their things and can be organized.

Has an eye for detail

Creative thinking (i.e. can think 'outside' the box)

Enjoys learning facts

Sitting still and keeping hands to self.

Interested in a specific topic.

Likes their work to be perfect.

Adapts/changes their approach

Curiosity

Problem solving

Remembers information/instructions
(e.g. for 1/2hr? From last week?)

Hard worker

Follows instructions

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

Are there specific approaches that enable them to feel confident and hopeful about their future?)

Calm/relaxed

Happy

Excited

Sad

Down/depressed

Angry

Frustrated

Unsettled

Anxious/fearful

Restless

Proud

Frustrated

Embarrassed

Insecure

Secure

Confident

Shy

Accepted/loved/connected/included

Isolated/excluded

Hopeful/excited about their future

Inspired

Excited

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Communication:

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

Do they ask for help readily?

Can they express what they are thinking or feeling in a stressful situation?

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

Are they a good listener?

Are they assertive?

Do they have a good understanding of what they need or want, and can they communicate that?

Living skills:

Can manage own lunch and drink bottle

Can take extra clothing on and off (e.g. jacket)

Uses strategies to manage their toileting

(e.g. do they sometimes need to leave quickly?)

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, compassion or kindness to others

Open minded about other opinions or views

Confident

Helpful

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

Thoughtful and considerate

Quick to 'forgive and forget'

Good listener