

Emotional Intelligence Growth Chart

Observing Social & Emotional Development

Child's Name: _____ Age: _____

FOCUS AREA	OBSERVED MILESTONE	DONE
Self-Awareness	Can name basic emotions (Happy, Sad, Angry)	
Self-Regulation	Uses simple breathing or words to calm down	
Social Awareness	Notices when a peer is upset and offers comfort	
Relationship Skills	Practices turn-taking during play activities	
Decision Making	Begins to understand consequences of actions	

OBSERVATIONS & REFLECTIONS

Minimalist EQ Tracker • Early Childhood Development Template