

# EMOTIONAL INTELLIGENCE GROWTH CHART

Elementary Level Progress Tracker

Student Name: \_\_\_\_\_

Date: \_\_\_\_\_

**SKILL FOCUS**

**DEVELOPING**

**CONSISTENT**

**STRENGTH**

**Self-Awareness**

Naming emotions  
accurately

**Self-Regulation**

Managing frustration &  
calm-down

**Social Awareness**

Empathy & reading social  
cues

**Relationship Skills**

Teamwork & conflict  
resolution

**Decision Making**

Safe & responsible choices

Observations & Growth Goals:

Template for Educational Use Only