

Activity – Self-Reflection on Lagging Skills

Your Thinking Skills Checklist (v.2)

Instructions: Rate whether each skill is easy, medium, or hard by marking an “X” in one column for each skill.

Language & Communication Skills

	Easy	Medium	Hard
Understanding what others are saying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Following the flow of conversations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quickly understanding people who are talking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saying what they are thinking or what they need	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saying what’s bothering them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saying what they are feeling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quickly finding the words they need	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Attention & Working Memory Skills

	Easy	Medium	Hard
Sticking with things that need a lot of attention	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Doing things in order	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Keeping track of time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thinking about more than one thing at a time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Staying focused during activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ignoring distractions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thinking of more than one solution to a problem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Emotion- & Self-Regulation Skills

	Easy	Medium	Hard
Handling feelings when angry or frustrated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Handling feelings when annoyed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Handling feelings when nervous, worried, or anxious	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Handling feelings when disappointed or sad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thinking about what might happen before doing something	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pausing before they respond	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Waiting for something they want	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being energetic at the right time; getting energy up when expected to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being calm at the right time; calming down when expected to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Cognitive Flexibility Skills

	Easy	Medium	Hard
Handling changing from one activity to another	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Understanding that things can be “kind of” rather than all one way or all the other way; seeing “shades of gray” rather than only “black and white”	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Imagining different ways things could happen in the future	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Handling changes to a routine or rule	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Handling new situations or unclear answers (e.g., “I don’t know.”)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Changing their mind if offered a different idea or solution	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Understanding why a plan may need to change	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not taking things too personally, exaggerating, or thinking things are worse than they are	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Social Thinking Skills

	Easy	Medium	Hard
Paying attention to what others are saying and doing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Understanding what other people mean from the way they behave or talk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Starting and having conversations with others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Getting other people’s attention in positive ways	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Understanding how their behavior makes other people feel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Understanding what other people think of them and their behavior	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Understanding other people’s points of view	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>