

## Thinking Skills Checklist

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

		Easy	Medium	Hard
 <b>Language &amp; Communication</b>	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"/>
	 <b>Attention &amp; Working Memory</b>	Sticking with things that need a lot of attention	<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"/>
 <b>Emotion- &amp; Self-Regulation</b>		Handling feelings when angry or frustrated	<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"/>
 <b>Cognitive Flexibility</b>	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"/>
 <b>Social Thinking</b>	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"/>

The Thinking Skills Checklist is a derivative of a validated measure called the Thinking Skills Inventory (TSI). For more information, see the TSI User’s Guide.