

## Thinking Skills Reference Sheet



### Language & Communication Skills

- Understanding what others are saying
- Following the flow of conversations
- Quickly understanding people who are talking
- Saying what they are thinking or what they need
- Saying what's bothering them
- Saying what they are feeling
- Quickly finding the words they need



### Attention & Working Memory Skills

- Sticking with things that need a lot of attention
- Doing things in order
- Keeping track of time
- Thinking about more than one thing at a time
- Staying focused during activities
- Ignoring distractions
- Thinking of more than one solution to a problem



### Emotion- & Self-Regulation Skills

- Handling feelings when angry or frustrated
- Handling feelings when annoyed
- Handling feelings when nervous, worried, or anxious
- Handling feelings when disappointed or sad
- Thinking about what might happen before doing something
- Pausing before they respond
- Waiting for something they want
- Being energetic at the right time; getting energy up when expected to
- Being calm at the right time; calming down when expected to



### Cognitive Flexibility Skills

- Handling changing from one activity to another
- 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"
- Imagining different ways things could happen in the future
- Handling changes to a routine or rule
- Handling new situations or unclear answers (e.g., "I don't know.")
- Changing their mind if offered a different idea or solution
- Understanding why a plan may need to change
- Not taking things too personally, exaggerating, or thinking things are worse than they are



### Social Thinking Skills

- Paying attention to what others are saying and doing
- Understanding what other people mean from the way they behave or talk
- Starting and having conversations with others
- Getting other people's attention in positive ways
- Understanding how their behavior makes other people feel
- Understanding what other people think of them and their behavior
- Understanding other people's points of view

The Thinking Skills Reference Sheet is a user-friendly derivative of a validated measure called the Thinking Skills Inventory (TSI).