

Checklist for Children with High Risk Emotional Issues

An inability to build or maintain satisfactory interpersonal relationships with peers and teachers.

- _____ physical or verbal aggression when others approach him or her;
- _____ lack of affect or disorganized/distorted emotions toward others;
- _____ demands for constant attention from others; and
- _____ withdrawal from all social interactions

Inappropriate types of behavior or feelings under normal circumstances

- _____ limited or excessive self-control;
- _____ low frustration tolerance, emotional overreactions, and impulsivity;
- _____ limited premeditation or planning;
- _____ limited ability to predict consequences of behavior;
- _____ rapid changes in behavior or mood;
- _____ antisocial behaviors;
- _____ excessive dependence and over-closeness, and/or inappropriate rebellion and defiance; and low self-esteem and/or distorted self-concept.

A general pervasive mood of unhappiness or depression

- _____ depressed or irritable mood most of the time (e.g., feeling sad, appearing tearful);
- _____ diminished interest or pleasure in daily activities;
- _____ significant and unexpected changes in weight or appetite;
- _____ insomnia or hypersomnia nearly every day;
- _____ fatigue or diminished energy nearly every day;
- _____ feelings of worthlessness or excessive or inappropriate guilt;
- _____ diminished ability to think or concentrate, or indecisiveness, nearly every day; and
- _____ recurrent thoughts of death, or suicidal ideation.

Physical symptoms or fears associated with the child's personal or school life.

Examples of these characteristics include:

- _____ headaches;
- _____ gastrointestinal problems;
- _____ cardiopulmonary symptoms;
- _____ incapacitating feelings of anxiety often accompanied by trembling, hyperventilating and/or _____ dizziness;
- _____ panic attacks characterized by physical symptoms, for example, when an object, activity, individual or situation cannot be avoided or is confronted;
- _____ persistent and irrational fears of particular objects or situations; and
- _____ intense fears or irrational thoughts related to separation from parent(s).

Other Characteristics of Students with possible emotional issues

- _____ a lack of understanding about consequences of actions;
- _____ problems with reasoning characterized by confused thoughts about and perceptions of social situations;
- _____ highly unusual and bizarre behaviors;
- _____ a lack of understanding or misinterpretations of social conventions and behavioral expectations; and
- _____ excessive anxiety, pervasive depression, and/or excessive guilt.