

MENTAL HEALTH

CHECKLIST

ELEMENTARY SCHOOL AGE K-5 (ages 5 - 10)



Check the boxes that describes behavior that you recognize in the student. Write down any specific behaviors of concern in the notes section. Share this form with your school's mental health professional or the student's guardian.

Behaviors that may indicate social or emotional health problems:

- Refusal to go to school, or constantly asks to leave class, or has frequent absences or illnesses
- Many physical complaints, or frequent visits to the nurse's office
- Noticeable changes in appetite or eating practices
- Cries easily, whines or frequently irritable
- Difficulty staying alert or awake in class
- Poor grades despite trying
- Unwilling to participate in activities OR change in classroom participation
- Difficulty accepting mistakes
- Difficulty making or keeping friends or complains of no friends
- Fearful or withdrawn / isolated from others
- Shy, easily embarrassed, or self-conscious
- Bullies, 'teases' or ostracizes peers OR is a target for bullying
- A pattern of deliberate disobedience or aggression
- Cruelty to animals or people
- Destroys or is careless with toys / property
- Steals or lies
- Art, stories or other creative products depict extreme aggression or victimization
- Constantly seeks attention
- Hygiene issues or toileting problems
- Odd, disjointed speech or stories
- Fidgeting or constant movements beyond norm

Additional risk factors that can impact adjustment, health, functioning and academics:

- New to the school / neighborhood
- Child who has had frequent moves
- Child who has been rejected or bad reputation with peers
- Child who has had difficult teacher / authority relationships
- Big changes at home (ie: divorce, new sibling, illness, death, job loss, etc.)
- Involvement with negative peer group
- Alcohol or drug misuse among family or peer group
- Obesity, physical disability, chronic health problems
- Abuse or neglect

