**PERSONAL AWARENESS AND RESPONSIBILITY**

**SELF ASSESSMENT**

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| **Name** | **Date** |
| **Self Determination:**   * I can show a sense of accomplishment and joy * I can celebrate my efforts and accomplishments * I can advocate for myself and my ideas * I can imagine and work toward change in myself and the world * I take the initiative to inform myself about controversial issues   **Self-Regulation:**   * I can sometimes recognize emotions * I can use strategies that help me manage my feelings and emotions * I can persevere with challenging tasks * I can implement, monitor, and adjust a plan and assess the results * I can take ownership of my goals, learning, and behaviour   **Well-being:**   * I can participate in activities that support my well-being, and tell/show how they help me * I can take some responsibility for my physical and emotional well-being * I can make choices that benefit my well0being and keep me safe in my community, including my online interactions * I can use strategies to find peace in stressful times * I can sustain a healthy and balanced lifestyle   **What I’m most proud of so far…** | |
| **One improvement I could make is…** | |
| **My goal is…** | |
| **Teacher/Parent Comment…** | |