**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…** |