

PERSONAL AWARENESS AND RESPONSIBILITY



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 well-being 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