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**Sample K-7 “I Can” Statements**

**Communication Competency**

**COMMUNICATE**

**Connect and engage with others (to share and develop ideas):**

* I can ask simple questions
* I can listen actively
* I can focus on the speaker

**Acquire, interpret, and present information (include inquiries)**

* I can understand and share information
* I can present information clearly
* I can present information and ideas to an audience I may not know

**COLLABORATE**

**Collaborate to plan, carry out, and review constructions and activities**

* I can work with others toward a goal
* I can take on roles and responsibilities in a group
* I can share important ideas and understand the ways we agree
* I can see different points-of-view and I can disagree respectfully

**Recount, reflect and integrate experiences and accomplishments**

* I can give, receive, and act on feedback
* I can explain experiences and connect to others’ experiences
* I can connect my learning to my experiences and to others’ experiences

**Thinking Competency**

**CRITICAL AND REFLECTIVE**

**Analyze and Critique**

* I can show if I like something or not
* I can explore and appreciate things I learn about other people
* I can show and explain my thinking when I work on different projects

**Question and Investigate**

* I can ask open-ended questions and collect information
* I can find more than one to way to explore something
* I can tell the difference between what’s real, what is made up, and appreciate when others think different from me

**Develop and Design**

* I can experiment by doing things differently
* I can reach my goals by trying a variety of ways
* I can engage my audience in different ways

**Reflective**

* I am able to reflect to on my thinking skills
* I am able to reflect on what I have learned
* I am able to think of things in new ways (Aha moment!

**Personal and Social Competency**

**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

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

Well-Being:

* I can participate in activities that support my 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

**POSITIVE PERSONAL & CULTURAL IDENTITY**

Relationships and cultural contexts:

* I can describe my family and community
* I am able to identify the different groups that I belong to
* I understand that my identity is made up of many interconnected aspects (such as life experiences, family history, heritage, peer group)
* Personal values and choices:
* I can tell what is important to me
* I can explain what my values are and how they affect choices I make

Personal strengths and abilities:

* I can identify my individual characteristics
* I can describe/express my attributes, characteristics, and skills

**SOCIAL RESPONSIBILITY**

Contributing to community and caring for the environment:

* With some support, I can be part of a group
* I can participate in classroom and group activities
* I can participate in classroom and group activities to improve the classroom school, community, or natural world
* I contribute to group activities that make my classroom, school, community, or natural world a better place
* I can identify how my actions and the actions of others affect my community
* Solving problems in peaceful ways:
* I can solve some problems myself and can identify when to ask for help
* I can identify problems and compare potential problem-solving strategies
* I can clarify problems, consider alternatives, and evaluate strategies
* I can clarify problems or issues, generate multiple strategies, and consider consequences