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| **Curriculum/Core%20Competencies/Triangles%20Comm.png****COMMUNICATION** | **Connect and engage with others (to share and develop ideas)*** I ask and respond to simple, direct questions.
* I am an active listener. I support and encourage the person speaking.
* I recognize that there are different points of view and I disagree respectfully.
 | **Acquire, interpret, and present information*** I understand and share information about a topic that is important to me.
* I resent information clearly and in an organized way.
* I present information and ideas to an audience I may not know.
 | **Collaborate to plan, carry out, and review constructions and activities** * I work with others to achieve a common goal. I do my share.
* I take on roles and responsibilities in a group.
* I summarize key ideas and identify ways we agree (commonalities).
 | **Explain/recount and reflect on experiences and accomplishments** * I give, receive, and act on feedback.
* I recount simple experiences and activities and tell something I learned.
* I represent my learning and tell how my learning connects to my experiences and efforts.
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| **COMMUNICATION Strengths. I feel I am really good at:****Here are some examples of how I have shown my strengths in COMMUNICATION:** |
| **Curriculum/Core%20Competencies/Triangles%20Thinking.png****CREATIVE THINKING** | **Novelty and value*** My ideas are fun for me and make me happy.
* I get new ideas or build on other people’s ideas, to create new things within the constraints of a form, a problem, or materials.
* I generate new ideas as I pursue my interests.
* I get ideas that are new to my peers.
* I can develop a body of creative work over time in an area I’m interested in or passionate about.
 | **Generating ideas*** I get ideas when I use my senses to explore.
* I build on others’ ideas and add new ideas of my own, or combine other people’s ideas in new ways to create new things or solve straightforward problems.
* I deliberately learn a lot about something (e.g., by doing research, talking to others or practising) so that I am able to generate new ideas or ideas just pop into my head.
* I have deliberate strategies for quieting my conscious mind (e.g., walking away for a while, doing something relaxing, being deliberately playful) so that I can be more creative.
* I have interest and passions that I pursue over time.
 | **Developing ideas*** I make my ideas work or I change what I am doing.
* I usually make my ideas work within the constraints of a given form, problem, and materials if I keep playing with them.
* I build the skills I need to make my ideas work, and usually succeed, even if it takes a few tries.
* I use my experiences with various steps and attempts to direct my future work.
* I persevere over years if necessary to develop my ideas. I expect ambiguity, failure and setbacks, and use them to advance my thinking.
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| **CREATIVE THINKING Strengths. I feel I am really good at:** **Here are some examples of how I have shown my strengths in CREATIVE THINKING:**  |

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| **Curriculum/Core%20Competencies/Triangles%20Thinking.png****CRITICAL THINKING** | **Analyze and critique*** I show if I like something or not.
* I identify criteria that I can use to analyze evidence.
* I analyze evidence from different perspectives.
* I reflect on and evaluate my thinking, products, and actions.

I analyze my own assumptions and beliefs and consider views that do not fit with them. | **Question and investigate*** I explore materials and actions.
* I ask open-ended questions and gather information.
* I consider more than one way to proceed in an investigation.
* I evaluate the credibility of sources of information.
* I can tell the difference between facts and interpretations, opinions, or judgments.
 | **Develop and design*** I experiment with different ways of doing things.
* I develop criteria for evaluating design options.
* I monitor my progress and adjust my actions to make sure I achieve what I want.
* I make choices that will help me create my intended impact on an audience or situation.
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| **CRITICAL THINKING Strengths. I feel I am really good at:****Here are some examples of how I have shown my strengths in CRITICAL THINKING:** |
| **Curriculum/Core%20Competencies/Triangles%20PS.png****POSITIVE PERSONAL****AND****CULTURAL IDENTITY** | **Relationships and cultural contexts** 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 groups).
* I understand that learning is continuous and my concept of self and identity will continue to evolve.
 | **Personal values and choices*** I can tell what is important to me.
* I am able to explain what my values are and how they affect choices I make.
* I can tell how some important aspects of my life have influenced my values.

I understand how my values shape my choices.  | **Personal strengths and abilities*** I can identify my individual characteristics.
* I can describe/express my attributes, characteristics, and skills.
* I reflect on my strengths and identify my potential as a leader in my community.
* I understand I will continue to develop new abilities and strengths to help me meet new challenges.
 | **Relationships and cultural contexts** 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 groups).

I understand that learning is continuous and my concept of self and identity will continue to evolve.  |
| **POSITIVE PERSONAL AND CULTURAL IDENTITY Strengths. I feel I am really good at:** **Here are some examples of how I have shown my strengths in POSITIVE PERSONAL AND CULTURAL IDENTITY:**  |

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| **Curriculum/Core%20Competencies/Triangles%20PS.png****PERSONAL AWARENESS****AND** **RESPONSIBILITY** | **Self-determination*** I show a sense of accomplishment and joy.
* I celebrate my efforts and accomplishments.
* I advocate for myself and my ideas.
* I imagine and work toward change in myself and the world.
* I take the initiative to inform myself about controversial issues.
 | **Self-regulation*** I sometimes recognize emotions.
* I use strategies that help me manage my feelings and emotions.
* I persevere with challenging tasks.
* I implement, monitor, and adjust a plan and assess the results.
* I take ownership of my goals, learning, and behaviour.
 | **Well-being*** I participate in activities that support my well-being, and tell/show how they help me.
* I take some responsibility for my physical and emotional well-being.
* I make choices that benefit my well-being and keep me safe in my community, including my online interactions.
* I use strategies to find peace in stressful times.
* I sustain a healthy and balanced lifestyle.
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| **PERSONAL AWARENESS AND RESPONSIBILITY Strengths. I feel I am really good at:** **Here are some examples of how I have shown my strengths in PERSONAL AWARENESS AND RESPONSIBILITY:**  |
| **Curriculum/Core%20Competencies/Triangles%20PS.png****SOCIAL RESPONSIBILITY** | **Contributing to community and caring for the environment*** I 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 identify how my actions and the actions of others affect my community and the natural environment and work to make positive change.
* I analyze complex social or environmental issues from multiple perspectives. I take thoughtful actions to influence positive, sustainable change.
 | **Solving problems in peaceful ways*** I solve some problems myself and can identify when to ask for help.
* I identify problems and compare potential problem-solving strategies.
* I clarify problems, consider alternatives, and evaluate strategies.
* I clarify problems or issues, generate multiple strategies, weigh consequences, compromise to meet the needs of others, and evaluate actions.
 | **Valuing diversity*** With some direction, I can demonstrate respectful and inclusive behaviour.
* I explain when something is unfair.
* I advocate for others.
* I take action to support diversity and defend human rights, and can identify how diversity is beneficial for my community, including online.
 | **Building relationships**\* With some support, I can be part of a group.\* I am kind to others, can work or play co-operatively, and can build relationships.\* I can identify when others need support and provide it.\* I am aware of how others may feel and can take steps to help them feel included.\* I can build and sustain positive relationships with diverse people, including people from different generations.  |
| **SOCIAL RESPONSIBILITY Strengths. I feel I am really good at:****Here are some examples of how I have shown my strengths in SOCIAL RESPONSIBILITY:**  |