

# Self Reflection on my Core Competencies

The worksheet is designed for a student to reflect on their core competencies. It includes a title at the top and 15 sets of horizontal lines for writing. Each set consists of a solid top line, a dashed middle line, and a solid bottom line.

# Communication

Connect and engage with others.

- I ask and respond to simple, direct questions.
- I am an active listener. I support and encourage the person speaking.
- I give, receive, and act on feedback.
- I can work with others and take on roles and responsibilities in a group.
- I can work with others and do my share.

# Creative Thinking

Generating Ideas

- I get ideas when I use my senses to explore.
- I get ideas when I play.
- I have interests and passions.
- I can make my ideas work even if I have to try again.
- I learn about something that I'm interested in to discover and share new things.
- I get ideas from other people.

# Critical Thinking

Develop and Design

- I can ask questions to continue my learning.
- I can collaborate with others.
- I can look at my work and make changes to improve it.
- I can create a way to rate my work.
- I can help build a list of ideas to improve my work.

# Personal & Cultural Identity

I Am Me

- I can celebrate who I am.
- I am proud to be me.
- I know what is important to me
- I know what my skills and strengths are.
- I belong.
- I am willing to challenge myself with something new.

# Personal Awareness & Responsibility

## Self Regulation

- I can sometimes recognize my emotions.
- I can manage my feelings and emotions.
- I know and use strategies to get myself into the Green Zone.
- I can persevere through difficult tasks.
- I can make good choices to help myself and others.

# Social Responsibility

## Solving Problems in Peaceful Ways

- I notice when there is a problem.
- I know some ways to solve problems.
- I can solve some problems myself.
- I can ask for help when I need it.
- I am aware that my actions affect others.