**PERSONAL AWARENESS and RESPONSIBILITY COMPETENCY**

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| **LEARNING STANDARD** | **MY EVIDENCE** | **EXTENDING BEYOND** |
| **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. |  |  |