**PERSONAL AWARENESS and RESPONSIBILITY COMPETENCY**

|  |  |  |
| --- | --- | --- |
| **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.
 |  |  |