

CORE COMPETENCIES

(Adapted version)

POSITIVE PERSONAL and CULTURAL IDENTITY

PERSONAL AWARENESS AND RESPONSIBILITY

Name: _____

SOCIAL RESPONSIBILITY

Self Determination: (PAR1)

- I can show when I am happy.
- I can ask for help when I need it.
- I can celebrate my efforts & accomplishments.
- I can make safe choices by myself.
- I can follow routines and make safe transitions.
- I understand that learning sometimes takes more than one day.

Self-Regulation: (PAR2)

- I can stop and read the room before I enter.
- I can use strategies and tools to help me manage my feelings and emotions.
- I can persevere with challenging tasks.
- I can wait my turn
- I can participate in classroom discussions.
- I can ask for breaks when I need them.
- I can adjust to changes in my routine.
- I can maintain focus for up to 15 minutes.

Well-being: (PAR3)

- I can say when I need to use the washroom/drink.
- I can follow a washroom routine.
- I can find my way around the school.
- I can move in the hallway safely.
- I can make choices that are safe when playing in the playground.
- I know what to do when the fire alarm rings.
- I chew and swallow my food slowly.
- I can take a deep breath and choose a break when I feel stressed.

Relationships and cultural contexts: (PCI1)

- I can say who is in my family.
- I can know the names of all my classmates.
- I am able to identify the different groups that I belong to.
- I can tell you at least 5 characteristics about myself.
- I understand that I will change as I get older.

Personal values and choices: (PCI2)

- I can tell what is important to me.
- I can explain the choices I make.
- I can tell the difference between safe/unsafe, appropriate/inappropriate, expected/unexpected behaviours.
- I understand classroom and community expectations.

Personal strengths and abilities: (PCI3)

- I can identify what I am good at.
- I can say what I need to work on.
- I can describe/express my thoughts and opinions
- I can be a leader in my school, at home or in my community.
- I understand I will continue to learn new things that will help me.

Contributing to community and caring for the environment: (SR1)

- With some support, I can be part of a group.
- I can participate in classroom activities.
- I contribute to group discussions.
- I can identify how my actions can affect other people.
- I can make by classroom, school, or community a better, safer place.

Solving problems in peaceful ways: (SR2)

- I can solve problems myself.
- I can use my words when upset.
- I can keep my hands and feet to myself when saying no, stop or I don't like that.
- I can choose from two options to calm myself.

Valuing diversity: (SR3)

- With some direction, I can ask for a partner
- I can tell/show at least one classroom expectation
- I can explain when something is unfair
- I can help someone else
- I can accept another way of doing things

Building relationships: (SR4)

- I can be part of a group.
- I am kind to others.
- I can identify when other' need support & provide it.
- I am aware of how others may feel.
- I have at least one friend.

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COMMUNICATION

Connect and engage with others (to share and develop ideas): (C1)

- I ask and respond verbally or non-verbally (AAC, nod, smile, thumbs up) to simple, direct questions.
- I show active body listening.
- I can ask to for a partner or to join play.
- I can tell someone my needs (washroom, break) verbally or non-verbally (AAC, PECS, gestures).

Acquire, interpret, and present information (include inquiries): (C2)

- I can listen to others tell me about their interests.
- I can understand and share information about a topic that is important to me.
- I present, teach or show someone a book, video or website that I like and tell them why I like it.

Collaborate to plan, carry out, and review constructions and activities: (C3)

- I can work with others to achieve a common goal.
- I do my share.
- I can take on roles and responsibilities in a group.
- I can retell key ideas & identify the ways we agree.

Explain/recount and reflect on experiences and accomplishments: (C4)

- I give, receive, and act on feedback.
- I can recount simple experiences and activities and tell something I learned.
- I can represent my learning and tell how it connects to my experiences and efforts verbally, in a drawing or a paragraph.

CRITICAL THINKING

Analyze and Critique: (CRIT1)

- I can show or tell if I like something or not
- I can tell why I like something or not
- I can show or tell one other perspective
- I can reflect on and evaluate my thinking, products, and actions
- I can set a learning goal to make tomorrow better

Question and Investigate: (CRIT2)

- I can use books, materials and technology to answer who, what, when, where questions.
- I can tell a classmate some of the information I found.
- I can consider more than one way to proceed and can choose.
- I can tell fact from opinion.

Develop and Design: (CRIT3)

- I can try different ways of doing things
- I think about what my audience might want to hear or learn about
- I can tell why I did a good job
- I can tell the next step I have to take
- I can make choices that will help me.

CREATIVE THINKING

Novelty and value: (CRE1)

- I get ideas when I play.
- My ideas are fun & make me happy.
- I can get new ideas or build on other people's ideas.
- I generate new ideas as I pursue my interests.
- I can judge which of my ideas I like best.

Generating Ideas: (CRE2)

- I get ideas when I play and explore.
- I build on others' ideas and add new ideas of my own.
- I actively learn details about something I like (e.g. by doing research, talking to others or practicing).
- I can relax my mind when I need to
- I have interest and passions that I like to learn about.

Developing Ideas: (CRE3)

- I can shift my thinking when needed.
- I can problem solve with support.
- I try again if one idea didn't work.
- I use my experiences to think of ideas.
- I can handle it when my ideas don't work.