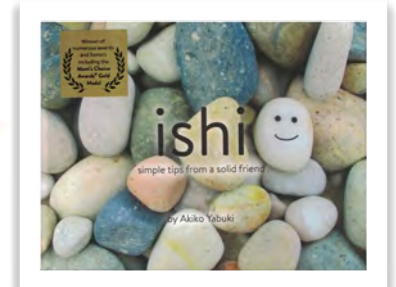




Personal Awareness and Responsibility

My Self-Assessment



by: _____

<p>I can use strategies that help me manage my feelings and emotions.</p>	<p>How I showed this:</p>
---	---------------------------



date: _____



Positive Personal and Cultural Identity

My Self-Assessment

by: _____

I can describe
some of the
qualities that
make me special.

How I showed this:



date: _____



Personal Awareness and Responsibility

My Self-Assessment

by: _____

I can make choices and participate in activities that support my health and happiness - or well-being.

I can show and/or tell about how my choices support my well-being.

How I showed this:



date: _____



Personal Awareness and Responsibility

My Self-Assessment

by: _____

I can use some strategies to help me feel calm when I have feelings like:
being upset, worried, angry, nervous, frustrated...

How I showed this:



date: _____

