Core Competencies: Self Reflection

Name: ____________________________
Date: ____________________________

Key
😊 I’m working it😊 Yes, sometimes😊 Always

Personal Awareness and Responsibility

I am proud of my work:😊😊😊
I can recognize my emotions:😊😊😊

I express my needs and wants:😊😊😊
I take responsibility for my choices:😊😊😊

Positive Personal and Cultural Identity

I am unique because: ________________________________
I am good at: _____________________________________
I find some things hard: ______________________________

Here is a picture of me:

Social Responsibility

I can solve problems by myself:😊😊😊
I can ask help if I am stuck:😊😊😊

I am a kind and caring friend:😊😊😊
My actions make home a better place:😊😊😊

Here is a picture of me with my family:
Communication

I share my ideas: 😞 😊 😄

I can answer questions about things I do at home: 😞 😊 😄

I am good listener: 😞 😊 😄

I can answer questions about things I do at home: 😞 😊 😄

I know a lot about... _______________________________

__________________________________________________

__________________________________________________

Critical Thinking

I can ask questions if I am curious: 😞 😊 😄

I can show if I like something or not: 😞 😊 😄

I explore new things with my five senses: 😞 😊 😄

Sometimes I wonder... _______________________________

__________________________________________________

__________________________________________________

Creative Thinking

I get ideas when I play: 😞 😊 😄

Here is me playing with my favourite toy or game:

I make my ideas work or change them: 😞 😊 😄

My ideas are fun for me and make me happy: 😞 😊 😄

Wow! There is so much to learn about myself and how I fit into God’s good world. This year I want to continue to grow by...

__________________________________________________

__________________________________________________

Thank you, God, for making me unique and giving me my family. Help me to grow as your child this year. Amen!