



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: _____

Here is a picture of me:

I am good at: _____

I find some things hard: _____

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 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!