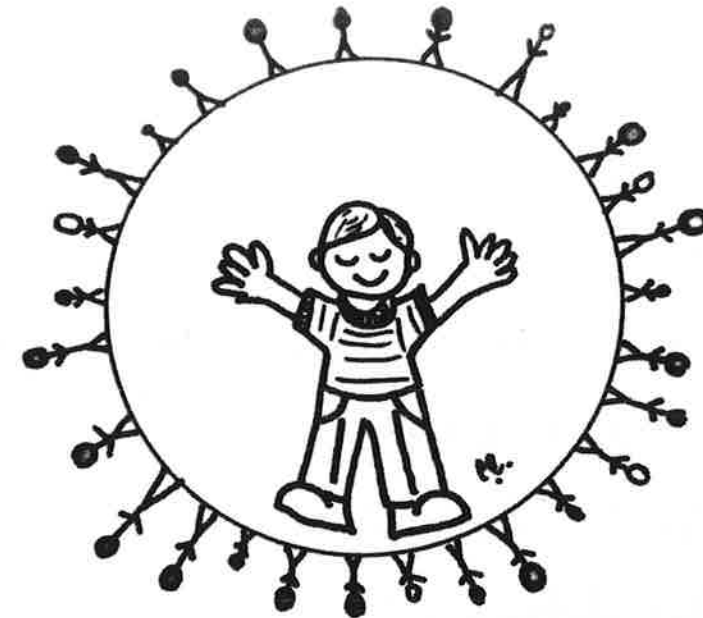


# Personal & Social Competency



Mindful Me	Caring Me	Marvelous Me
I can be aware of ME & others! I can grow & change!	I can take care of ME & others!	I am unique and I can be ME! I have a place to fit in this world!

Mindful ME!	Caring ME!	Marvelous ME!
Personal Awareness & Responsibility	Social Responsibility	Personal & Cultural Identity
<p><b>1. Self-Determination</b></p> <ul style="list-style-type: none"> <li>○ Clarity</li> <li>○ Celebrate</li> <li>○ Advocate</li> <li>○ Awareness</li> </ul> <p><b>2. Self-Regulation</b></p> <ul style="list-style-type: none"> <li>○ Emotional Literacy</li> <li>○ Relaxation</li> <li>○ Perseverance</li> </ul> <p><b>3. Well-Being</b></p> <ul style="list-style-type: none"> <li>○ Physical</li> <li>○ Emotional</li> <li>○ Balanced Life</li> </ul>	<p><b>1. Contributing to Community &amp; Environment</b></p> <ul style="list-style-type: none"> <li>○ Cooperation</li> <li>○ Good for ME &amp; good for the WORLD</li> </ul> <p><b>2. Peaceful Problem Solving</b></p> <ul style="list-style-type: none"> <li>○ Peace</li> <li>○ Problem Solving</li> </ul> <p><b>3. Valuing Diversity</b></p> <ul style="list-style-type: none"> <li>○ Compassion</li> <li>○ Non-Judgmental</li> <li>○ Defending others</li> </ul> <p><b>4. Building Relationships</b></p> <ul style="list-style-type: none"> <li>○ Kindness</li> <li>○ Respect</li> <li>○ Inclusive</li> </ul>	<p><b>1. Relations &amp; Culture</b></p> <ul style="list-style-type: none"> <li>○ Self-Awareness</li> <li>○ Family</li> <li>○ Community</li> <li>○ Belonging</li> <li>○ Connections</li> <li>○ Cultural Awareness</li> </ul> <p><b>2. Personal Values &amp; Choices</b></p> <ul style="list-style-type: none"> <li>○ Life experiences</li> <li>○ Values</li> </ul> <p><b>3. Personal Strengths &amp; Ability</b></p> <ul style="list-style-type: none"> <li>○ Strengths</li> <li>○ Abilities</li> <li>○ Uniqueness</li> <li>○ Growth Mindset</li> <li>○ Relationships</li> </ul>
<p>Created by Cathy Coles &amp; Cindy McGarroch – SD60 December 2017</p>		