

Contents

	LO	Page(s)	Date	How did I do?			
All About Me: Selfie	I have described who I am	3		<table border="1" style="display: inline-table;"> <tr> <td style="width: 33px; text-align: center;">1</td> <td style="width: 33px; text-align: center;">2</td> <td style="width: 33px; text-align: center;">3</td> </tr> </table>	1	2	3
1	2	3					
How do I feel in lessons?	I have thought about my literacy skills	4		<table border="1" style="display: inline-table;"> <tr> <td style="width: 33px; text-align: center;">1</td> <td style="width: 33px; text-align: center;">2</td> <td style="width: 33px; text-align: center;">3</td> </tr> </table>	1	2	3
1	2	3					
Lay it on the line – Self-regard	I have explored self-regard	5 + 6		<table border="1" style="display: inline-table;"> <tr> <td style="width: 33px; text-align: center;">1</td> <td style="width: 33px; text-align: center;">2</td> <td style="width: 33px; text-align: center;">3</td> </tr> </table>	1	2	3
1	2	3					
Emotional Self-Awareness	I have explored my own emotions	7		<table border="1" style="display: inline-table;"> <tr> <td style="width: 33px; text-align: center;">1</td> <td style="width: 33px; text-align: center;">2</td> <td style="width: 33px; text-align: center;">3</td> </tr> </table>	1	2	3
1	2	3					
Confidence Exam	I have thought about self-confidence	8		<table border="1" style="display: inline-table;"> <tr> <td style="width: 33px; text-align: center;">1</td> <td style="width: 33px; text-align: center;">2</td> <td style="width: 33px; text-align: center;">3</td> </tr> </table>	1	2	3
1	2	3					
Recognising Stress	I have examined how stress effects me	9		<table border="1" style="display: inline-table;"> <tr> <td style="width: 33px; text-align: center;">1</td> <td style="width: 33px; text-align: center;">2</td> <td style="width: 33px; text-align: center;">3</td> </tr> </table>	1	2	3
1	2	3					
Social Awareness	I have identified how someone else may feel	10 + 11		<table border="1" style="display: inline-table;"> <tr> <td style="width: 33px; text-align: center;">1</td> <td style="width: 33px; text-align: center;">2</td> <td style="width: 33px; text-align: center;">3</td> </tr> </table>	1	2	3
1	2	3					
Responsibility	I have reflected on responsibilities	12 + 13		<table border="1" style="display: inline-table;"> <tr> <td style="width: 33px; text-align: center;">1</td> <td style="width: 33px; text-align: center;">2</td> <td style="width: 33px; text-align: center;">3</td> </tr> </table>	1	2	3
1	2	3					
What do you see?	I have thought about my personality	14 + 15		<table border="1" style="display: inline-table;"> <tr> <td style="width: 33px; text-align: center;">1</td> <td style="width: 33px; text-align: center;">2</td> <td style="width: 33px; text-align: center;">3</td> </tr> </table>	1	2	3
1	2	3					
Are you a leader?	I know what makes a good leader	16 + 17		<table border="1" style="display: inline-table;"> <tr> <td style="width: 33px; text-align: center;">1</td> <td style="width: 33px; text-align: center;">2</td> <td style="width: 33px; text-align: center;">3</td> </tr> </table>	1	2	3
1	2	3					
Assessment	I can reflect on my progress	18		<table border="1" style="display: inline-table;"> <tr> <td style="width: 33px; text-align: center;">1</td> <td style="width: 33px; text-align: center;">2</td> <td style="width: 33px; text-align: center;">3</td> </tr> </table>	1	2	3
1	2	3					

All About Me: Selfie

Being self-aware is being able to describe yourself and identifying what you like and dislike.



Name: _____

I am **years old.**

Things I love:

Subject:

Food:

Colour:

Book:

Hobby:

Three words that describe me:




1. _____

2. _____

















3. _____

How do I feel in lessons?

Being able to think about what you are good at and what you need to develop is a great skill.
The below is all about how you feel about using Literacy Skills

 I can do this easily	 I can do this after some effort or with help	 I find this hard
--	--	--

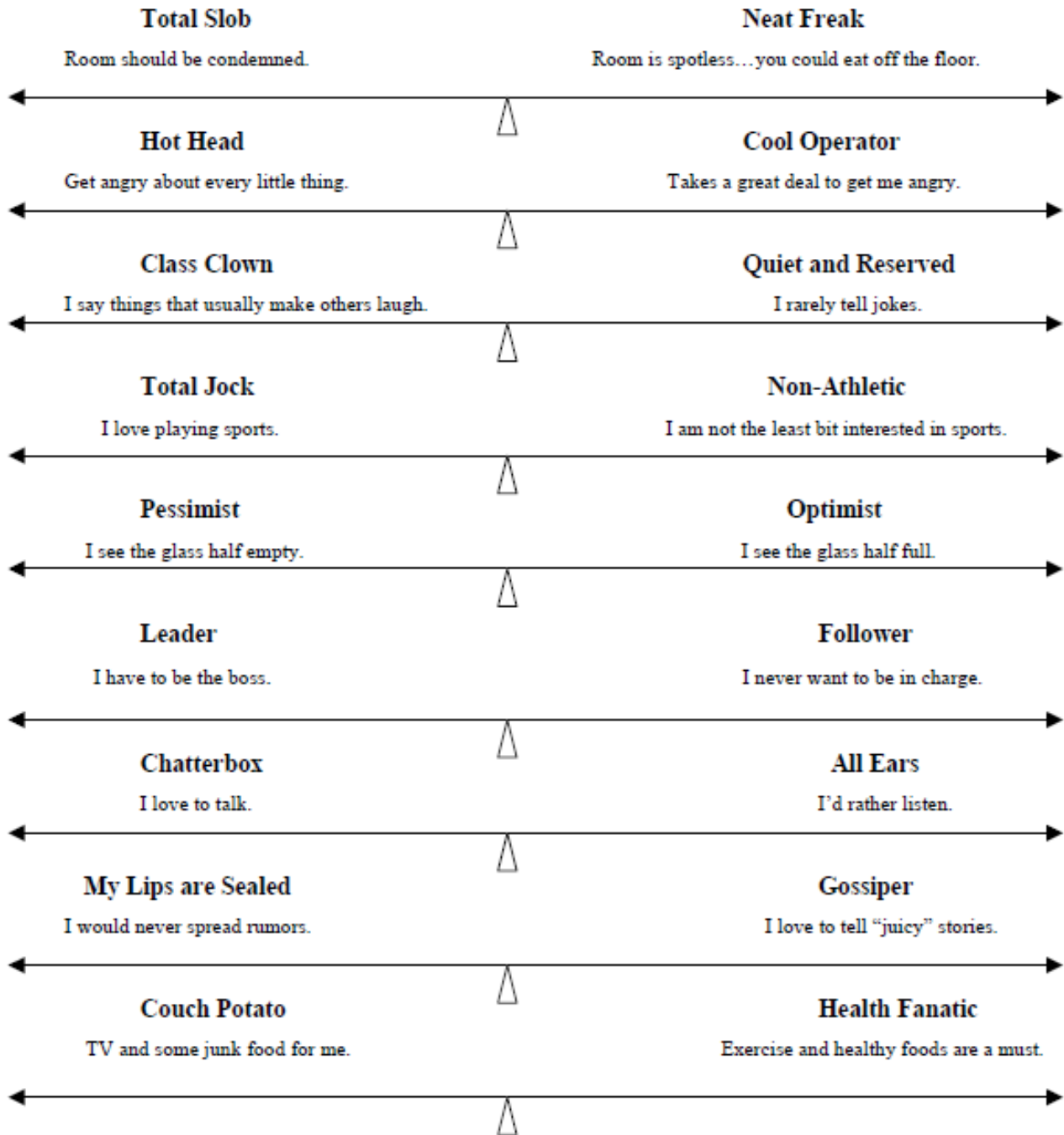
Tick the faces in the boxes that apply to you.

Reading	A topic book	A worksheet	Blackboard/whiteboard	A storybook
	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
Listening and understanding	My friends	My teacher	The TV or radio	Instructions in class
	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
Writing	Stories	Writing about what I think	Writing up science or maths investigations	Answering questions about something I have read
	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
Speaking	To my friends	Asking questions in class	Answering questions in class	Talking about a topic in front of other people
	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>

Lay it on the line: Self-regard

Self-regard is the ability to respect and accept oneself as you are. Place an X on the chart below to indicate on each line where you rate yourself. In which areas are you satisfied or dissatisfied? What could you do to improve the areas that need improvement?

Note: Balance is the key.



Using your answers above go to the next page and pick out your strengths and areas of development

Area of Strength

Strength	How does this help in everyday life?

Area for Development

Development	What could I do to develop this area?

Emotional Self-Awareness – I am...

Emotional self-awareness is the ability to recognise your feelings.
In the spaces below complete it statement.

I am most happy when...

I feel embarrassed when...

I think negative thoughts about myself when...

I feel like I have achieved something when...

I feel angry when...

I am most focussed when...

I care most about...

I am most worried when...

Confidence Exam



CONFIDENCE EXAM

SETTING AND ACHIEVING GOALS BUILDS SELF-ACTUALIZATION. THIS HELPS DEVELOP GOOD SELF-CONFIDENCE. PREPARE FOR THIS SELF-CONFIDENCE EXAM BY TAKING A CLOSE LOOK AT YOURSELF. READ EACH STATEMENT THEN CIRCLE THE NUMBER THAT INDICATES WHERE YOU THINK YOU BEST FIT. TOTAL THE CIRCLED NUMBERS AND CHECK YOUR RESULTS IN THE KEY BELOW.

	NEVER	OCCASIONALLY			USUALLY
1. BASICALLY, I AM SATISFIED WITH MYSELF.	1	2	3	4	5
2. I AM HAPPY WITH THE WAY I LOOK.	1	2	3	4	5
3. I AM PLEASED WITH MY RELATIONSHIPS.	1	2	3	4	5
4. I CAN ACCEPT CRITICISM WITHOUT GETTING UPSET.	1	2	3	4	5
5. I KEEP TRYING WHEN THINGS DON'T GO MY WAY.	1	2	3	4	5
6. I AM GLAD FOR OTHERS WHEN GOOD THINGS HAPPEN.	1	2	3	4	5
7. I AM WILLING TO SEEK HELP IF I NEED IT.	1	2	3	4	5
8. I ENJOY THE CHALLENGE OF TRYING NEW THINGS.	1	2	3	4	5
9. I FEEL COMFORTABLE MEETING NEW PEOPLE.	1	2	3	4	5
10. I SET GOALS AND EXPECTATIONS FOR MYSELF.	1	2	3	4	5

TOTAL SCORE _____



KEY

TOTAL SCORE

41- 50 YOUR SELF-CONFIDENCE IS GREAT!

31- 40 YOU ARE MOSTLY SATISFIED WITH YOURSELF.

21- 30 YOUR SELF-CONFIDENCE IS LACKING.

10- 20 YOU NEED TO WORK ON YOUR SELF-CONFIDENCE.

Recognising Stress

Below is a list of warning signs for stress.
Read through the list and tick those that can apply to you.

- | Physical | Emotional | Behavioral |
|---|---|--|
| <input type="checkbox"/> headaches | <input type="checkbox"/> mood changes | <input type="checkbox"/> smoking |
| <input type="checkbox"/> stomach aches | <input type="checkbox"/> lack of concentration | <input type="checkbox"/> nail biting |
| <input type="checkbox"/> dizziness | <input type="checkbox"/> nightmares | <input type="checkbox"/> tapping |
| <input type="checkbox"/> back pain | <input type="checkbox"/> panic attacks | <input type="checkbox"/> pulling hair |
| <input type="checkbox"/> neck stiffness | <input type="checkbox"/> anxiety | <input type="checkbox"/> grinding teeth |
| <input type="checkbox"/> ulcer sores on mouth | <input type="checkbox"/> anger | <input type="checkbox"/> use of alcohol |
| <input type="checkbox"/> jaw pains | <input type="checkbox"/> irritability | <input type="checkbox"/> use of medication |
| <input type="checkbox"/> weight loss | <input type="checkbox"/> crying | <input type="checkbox"/> compulsive dieting |
| <input type="checkbox"/> weight gain | <input type="checkbox"/> thoughts of suicide | <input type="checkbox"/> hair chewing |
| <input type="checkbox"/> twitches (eyelids, face) | <input type="checkbox"/> depression | <input type="checkbox"/> nervous laughter |
| <input type="checkbox"/> weakness | <input type="checkbox"/> confusion | <input type="checkbox"/> pacing |
| <input type="checkbox"/> nausea | <input type="checkbox"/> feelings of helplessness | <input type="checkbox"/> lateness |
| <input type="checkbox"/> indigestion | <input type="checkbox"/> restlessness | <input type="checkbox"/> putting things off |
| <input type="checkbox"/> excessive sleeping | <input type="checkbox"/> racing thoughts | <input type="checkbox"/> not caring about |
| <input type="checkbox"/> overeating | <input type="checkbox"/> aggressiveness | <input type="checkbox"/> physical appearance |
| <input type="checkbox"/> loss of appetite | | <input type="checkbox"/> compulsive |
| <input type="checkbox"/> inability to sleep | | <input type="checkbox"/> overeating |
| <input type="checkbox"/> skin problems | | |
| <input type="checkbox"/> constant fatigue | | |
| <input type="checkbox"/> cold hands or feet | | |
| <input type="checkbox"/> excessive sweating | | |
| <input type="checkbox"/> chest pains | | |
| <input type="checkbox"/> high blood pressure | | |
| <input type="checkbox"/> rapid or difficult breathing | | |

What could you do to help reduce stress in your life?

Social Awareness

Social Awareness is being able to take the perspective of and empathise with other people. It's being able to recognise similarities and differences in individuals and groups

Read the passages and answers the questions

The Shy Girl

Martina could hardly wait for the end of class because she hoped she would see her friend Steve in the hallway. When Martina peeked out of the classroom, she saw Steve with a group of boys and girls from his own class. Nevertheless, Martina bravely went into the hallway and started walking toward the group. Suddenly, everyone turned to look at her. Someone in Steve's group said something that Martina couldn't hear, and all the kids started to giggle and point in the direction of Martina's feet. Martina turned red and looked down at her feet, but she couldn't see anything unusual.

What are Martina's needs?

What are Martina's feelings?

Write an ending for the story...

The Coward

Every day, when classes were over, Mark played basketball with the boys in his class. Usually, everyone enjoyed the game very much. One day, Luke suggested something else. Knowing that his parents weren't home, he said, "Let's go to my house instead." When everybody was sitting in his bedroom, Luke said, "See that window leading onto the roof? Let's see who can climb down from the window the fastest. Whoever reaches the ground first is the winner." Some boys thought it was a great idea, but Mark didn't think so. He said very loudly, "That's a stupid idea. I'm going home." Luke started to laugh at him and call him a coward. Soon the other boys joined in too. Mark was scared. He knew that he climbing out on the roof was dangerous. Besides, he was afraid of heights and he didn't want to do it. He just wanted to play basketball.

What are Mark's needs?

What are Mark's feelings?

What are Luke's needs?

What are Luke's feelings?

Responsibilities

Responsible decision making is based on considering safety, ethics and appropriate social norms. It is taking into account the likely consequences to our actions.

Answer the questions below on RESPONSIBILITIES

What does it mean to be a responsible person?

What are some of the normal responsibilities for a young person at your age?

Are there any reasons why you might want to be considered 'responsible'?

What are your responsibilities?

Think of a time you acted responsibly. How did it feel?

Rate yourself on RESPONSIBILITY (1 = awful to 5 = amazing)

When you agree to do something you do it

If you let people down they will stop believing you. When you follow through on your commitments people take you seriously.

1	2	3	4	5
---	---	---	---	---

Answer for your own actions

Don't make excuses and blame others for what you do. When you take responsibility for your own action - you are saying 'I am the one who is in charge of my own life'

1	2	3	4	5
---	---	---	---	---

Take care of your own matters

Don't rely on adults to remind you when you're supposed to do something, be somewhere or remember something. You take responsibility for you.

1	2	3	4	5
---	---	---	---	---

Be trustworthy

If somebody trust you to borrow or take care of something – take care of it! If someone tells you something in confidence – keep it to yourself. It's important that people can count on you.

1	2	3	4	5
---	---	---	---	---

Always use your head

Think things through and use good judgement. When you use your head you make better decisions. That shows people that they can trust you.

1	2	3	4	5
---	---	---	---	---

Don't put things off

When you have a job to do – do it! Doing things on time helps you take control of your life and shows that you can manage your own affairs.

1	2	3	4	5
---	---	---	---	---

What do you see?

There is a personality test based on what people see in ink blots. Look at each ink blot. What do you see?

2



3



4



9



Five horizontal lines for writing.

10



Five horizontal lines for writing.

What does it mean?

What kinds of images do you see most often?

IF YOU SEE . . .

inanimate objects

abstract ideas (like joy or freedom)

plants or animals

people

food

action

danger or aggression

THIS MAY MEAN . . .

you are good at mechanical things

you enjoy dealing with ideas

you are a nature lover

you are sociable

you like to take care of people
or be taken care of

you are a doer rather than a thinker
(or maybe you are both)

you are angry or worried about something

Are you a leader?

The best leaders are the ones in charge, right? Not always! People in power aren't necessarily good leaders. It takes the right attitude to be a good leader – a leader is someone who motivates other people to get things done

Read the question and circle the answer.

You're working with a group to solve a problem. How do you feel when someone comes up with an idea that's better than yours?

A - threatened

B - embarrassed

C – interested

You're working with a group on a project. How do you feel about your ideas compared to everyone else's ideas?

A – yours aren't as good

B – yours are better

C – yours are as good

What happens when you try to get 'big ideas' across to other people?

A – they don't listen

B – they listen but they don't get it

C – they usually listen and understand

You've been working on a project for a long time. So far, no one has given you any praise or feedback. What do you do?

A – feel bad and quit

B – drop it and move to something else

C – finish because you want to

You're invited to take part in a project – as a follower, not a leader. How do you feel about this?

A – good, because you don't like to lead anyway

B – you won't participate if you can't be the leader

C – you don't mind being a follower sometimes

What happens when you fail at something you try to do?

A – you quit – failing proves you're no good

B – you quit – because others don't realise how good you are

C – you try and learn something from the failure to help you next time

If you were in charge of a group project, how would you handle it?

A – let others do most of the work

B – do it all yourself to be sure it's done right

C – break up the project into smaller parts and then give them to people to match their skills and interests

How do you feel about working with people whose backgrounds are different from yours?

A – uncomfortable

B – superior or inferior to them

C – interested and respectful

When someone gives you honest criticism, this makes you...

A – hate yourself

B – angry

C – look for ways to improve

What do you do if things don't go the way you want them to?

A – think about my mistakes

B – blame other people

C – look for ways to move forward

WHAT'S YOUR STYLE?

TOTAL YOUR A'S, B'S, AND C'S.

A'S

B'S

C'S

- 7 or more A's mean you may need more confidence in yourself before you can be a good leader.
- 7 or more B's mean you may need more confidence in other people before you can be a good leader.
- 7 or more C's mean you probably have a realistic view of yourself and other people. You have the right attitudes to be a good leader.

Assessment

Fill in the assessment

This is your chance to reflect on what you've done well whilst completing this booklet and to think about what you'd like to improve on.

Positives

What could I improve?

Teacher Comment

Target