



Personal and Social

Q. How do I deal with challenges and try my best?

I can solve some problems on my own and know when to ask for help.

A large, empty rounded rectangle with a blue border, intended for drawing or writing a response to the question above.

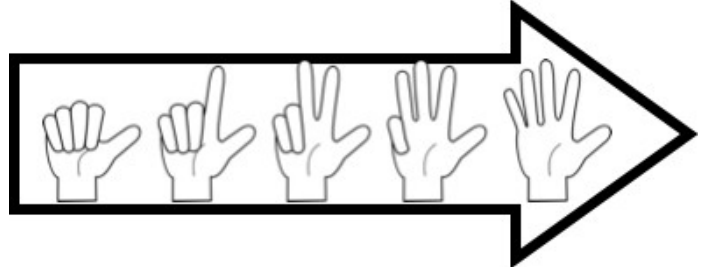
This is me dealing with the challenge of doing my school work at home.

Core Competency:

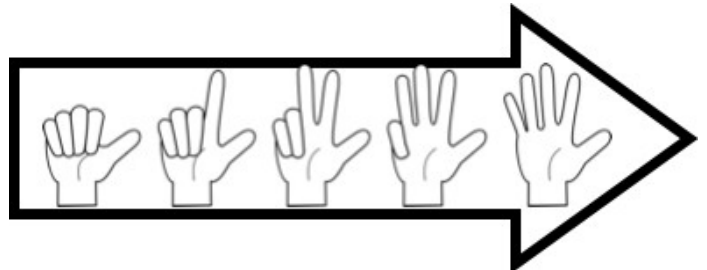
Personal and Social



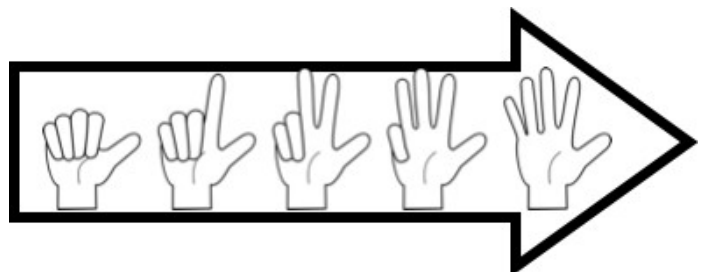
I can recognize my feelings and manage my feelings.



I can solve some problems myself and know when to ask for help.



I continue trying even when school work or other activities become tough or frustrating.



I can take ownership of my learning and behaviour. I know what I am good at and what I want to do better.

