



I know which problems I can solve myself	I am responsible
I question my teacher so I understand	I am organised
I can use resources to help me solve problems	I try to find solutions
I know which problems an adult can help me with	



I can manage distractions	I listen to others
I stay focused	I use the sitting position
I defeat the monster distractions	I don't procrastinate
I focus on the most important things in the moment	



I am brave enough to have a go	I have bouncebackability
I know mistakes are opportunities to learn	I control my own emotions
I can manage disappointment	I am resilient
I am able to label my emotions	



I can show empathy to others	I listen and value others
I know the power of a smile	I praise and help others
I show respect and tolerance	I perform acts of kindness



I collaborate with others to achieve more than I could on my own	
I cooperate with others and can share and compromise	
I contribute my fair share	I can be a leader
I can work with diverse groups of people	I can be led



I find connections and make links	I can identify patterns
I recall key concepts and information	I test myself
I check my understanding by reasoning	I answer questions
I summarise my learning to help it make sense	



I set long term goals and work towards them	I am not a quitter
I am relentless with my effort over time	I embrace feedback
I practice to improve	I am determined
I show commitment	



I control my voice	I can build on others' points	I can speak formally
I speak in full sentences	I stand to speak when appropriate	
I can use the correct vocabulary	I ask a range of questions	
I use excellent grammar when talking	I use words to express my feelings	
I use my words to communicate my thoughts and ideas		