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| Gold | * Try a new skill for the first time – it could be a sport, craft or activity. (G1.1)

Primary 6* Be helpful at home by taking on a daily chore. (G1.2)
* Seek extra work on a curricular area I find challenging and record my improvements. (G1.3)
* Share a success in the achievement box. (G1.4)
* Carry out planned playground games as a playground leader. (G1.5)
 | * Participate in a competition where I perform in front of an audience (G2.1)
* Share knowledge of how we keep ourselves safe whilst using the internet with our peers through a presentation. (G2.2)
* Demonstrate or explain cycling proficiency skills to keep me safe on a bike. (G2.3)
* Plan a shopping list at home with an adult, highlighting healthy choices or changes that could be made. (G2.4)
* Make use of my local facilities to increase my fitness. (G2.5)
 | * Visit an elderly person and recognise the difficulties faced by someone of an older generation – make a note of these. (G3.1)
* Assist an adult in caring for a toddler or baby for an afternoon – make up a plan of their routine and the ways in which they depend on an adult. (G3.2)
* Make brief notes on what is meant by equal opportunities. (G3.3)
* Help an adult prepare an evening meal for a week and help with the tidying away too. (G3.4)
* Organise the family clothes for the wash and hang out the washing to dry on good days. (G3.5)
 | * Raise awareness or fundraise for an international charity/natural tragedy. (G4.1)
* Undertake and share personal research into a big issue which affects our planet. (G4.2)
* Demonstrate active involvement in a community event. (G4.3)
* Adopt the role of school energy monitor, ensuring all appliances are switched off when not in use. (G4.4)
* Undertake a personal challenge which will help to overcome a fear. (G4.5)
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| Silver | * Participate in a leadership programme. (T.O.K/LEAD/Columba) (S1.1)
* Act as a leader in learning in an area I am confident in, to support my peers. (S1.2)
* Research a topic I am interested in and share what I have learned with my class. (S1.3)
* Act up as prefect when required. (S1.4)
* Take pride in the presentation of my written work. (S1.5)
 | * Participate in Massage in schools and explore these techniques with my family at home. (S2.1)
* As part of our Incredible Brain project, take my turn to care for the needs of our virtual babies. (S2.2)
* Design a poster which shows how we keep ourselves safe whilst using the internet. (S2.3)
* Make healthy eating choices at break and lunch at least 3 times a week. (S2.4)
* Attend an afterschool club of my choice. (S2.5)
 | * Write a letter to your Nursery buddy that displays empathy. (S3.1)
* Take part in a school charity event. (S3.2)
* Organise and play games with pre-school children as part of our transition project. (S3.3)
* Behave appropriately on my journey to and from school, whilst out in the community. (S3.4)
* Conduct playground questionnaire asking about pupils kindness pupils have been shown by others. (S3.5)
 | * Undertake your Cycling Proficiency and cycle more readily. (S4.1)
* Learn basic first aid skills demonstrating the ability to use them in an emergency. (S4.2)
* Explore and produce a report on sustainable energy in Scotland. (S4.3)
* Collect our school energy information and suggest and develop ways of lowering our energy usage. (S4.4)
* Produce a brief article for the local press detailing aspects of your work within sustainable Education. (S4.5)
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| Bronze | * Be a responsible leader when acting as a buddy to an ECC child (B1.1)
* Lead by example (behaviour, conduct, dress code, manners) (B1.2)
* Participate in a range of transition activities (B1.3)
* Represent the school in at least one event. (B1.4)
* Hold a simple conversation in another language. (B1.5)
 | * Safely travel to school each day (B2.1)
* Participate fully in PE with appropriate PE kit (B2.2)
* Make healthy choices with snack during interval and lunch (B2.3)
* Move around the school in an appropriate and safe manner (B2.4)
* Be an active participant in Day of Dance (B2.5)
 | * Use my manners and show respect at all times in the school (B3.1)
* Demonstrate a high standard in playground behaviour (B3.2)
* Demonstrate a high standard in classroom behaviour (B3.3)
* Follow the schools uniform policy (B3.4)
* Regularly complete homework on time (B3.5)
 | * Undertake an Eco activity within school and demonstrate awareness of the Global Goals. (B4.1)
* Be an active member of our school Credit Union team (B4.2)
* Participate in a leadership project, demonstrating leadership qualities. (Tree of Knowledge, Columba 1400, LEAD) (B4.3)
* Participate in a class enterprise project. (B4.4)
* Identify at least three individual skills and talents and how you intend to develop these further. (B4.5)
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|  | Successful LearnersLeadership and Learning | Confident IndividualsStaying Healthy, Staying Safe | Effective ContributorsKindness and Caring | Responsible CitizensProactive Citizens of our World |