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Four Capacities Tracker													
Responsible CITIZENS To be caring and respectful towards myself and others, be able to follow rules and work in groups I will...	Show kindness towards friends, adults and living things.		Look after resources.	Recognize that my actions can hurt others.	Accept responsibility for my actions when I make mistakes.		Talk about my ideas and listen to others.		Initiate play with others	Listen to others and swap ideas.	Join in with group discussions	Recognize that we have similarities and differences, but we are all unique.	
Successful LEARNERS To have enthusiasm and motivation to learn and help me reach my full potential I will	Use my senses to explore.	Choose where I play and learn.	Play on my own.	Play with others	Find new ways to do things through trial and error.	Plan a task to reach a goal	Adapt my strategies to reach a goal.	Think of new ideas in a range of contexts.	Use resources in original ways.	Use my Communication skills when playing.	Use my Literacy skills when playing.	Use my Numeracy skills when playing.	Use my Technology skills when playing.
Effective CONTRIBUTORS To be resilient, self-reliant and motivated I will...	Be willing to have a go at something new.		Persist with activity when challenges occur.		Focus on a chosen task/activity for a period of time.		Start conversations with adults.	Start conversations with peers	Show excitement and joy in the unexpected.	Take on a role in play-individually or in groups		Initiate my own tasks.	Show pride in my achievements
Confident INDIVIDUALS To be physically and emotionally secure with my own values and beliefs I will ...	Describe myself in positive terms.	Engage in open ended play.	Show curiosity in the world around me.	Bounce back after difficulties.	Seek challenges and be willing to take risks.		Show pride in my accomplishments.	Make choices and express my preferences	Express a range of emotions	Regulate a range of emotions	Expresses myself through actions such as mark making, role play, singing or dancing.		Reflect on my experiences

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