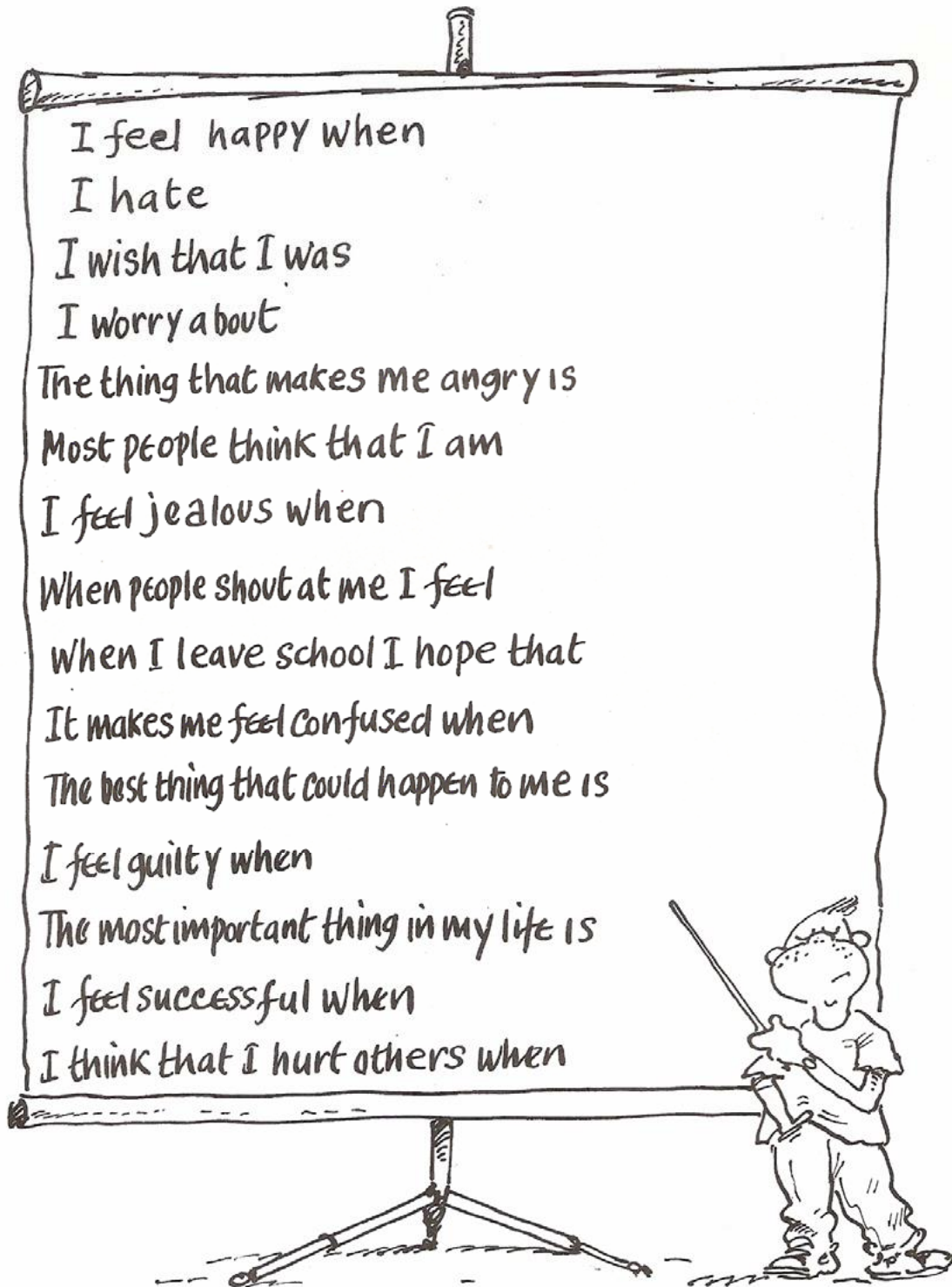


## Getting to know ME!!

Sometimes we can feel a bit like the creature pictured here - like we don't seem to be getting anywhere fast!! Like the tortoise we can be weighed down with thoughts that we have about ourselves and the world around us.

The first thing we have to do is to learn to be honest about our thoughts, feelings and attitudes. On the following page there are some statements. Complete these statements being honest about how you feel. Make sure that you complete the phrases so that they express how **YOU** feel (not the tortoise)!

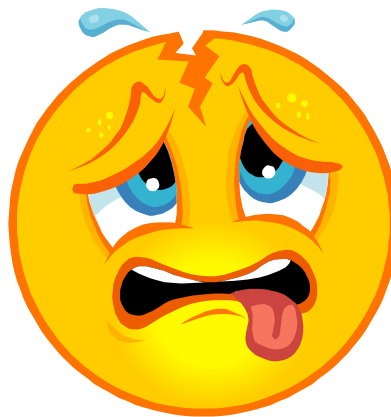
# More About Me



## How well do I know myself?

If a 1 is not very much and a 5 is all the time - give yourself a score for each of the following statements:

1. I understand that my feelings can change depending upon what is happening around me.
2. I can talk about my feelings.
3. I know who I can talk to about how I feel.
4. I can understand my own behaviour.
5. I can understand why others behave in the way they do.
6. I know how to make friends.
7. I know how to make myself feel better when I feel upset or sad.



## My Report

Looking at your attitude and behaviour in school, what kind of a report do you think you would give yourself right now?

Name \_\_\_\_\_

Class \_\_\_\_\_

<b>Successful Learner</b>	<b>Always</b>	<b>Usually</b>	<b>Sometimes</b>	<b>Rarely</b>
Shows enthusiasm and motivation for learning				
Acts well on feedback in order to improve work				
Completes homework on time and to a high standard				
Knows how to get help when needed				
Meets targets set				

<b>Confident Individual</b>	<b>Always</b>	<b>Usually</b>	<b>Sometimes</b>	<b>Rarely</b>
Expresses opinions and ideas with confidence				
Works well independently when required				
Is determined to achieve to the best of his/her ability				
Can ask for help when it is needed				

<b>Responsible Citizen</b>	<b>Always</b>	<b>Usually</b>	<b>Sometimes</b>	<b>Rarely</b>
Is cooperative, polite and respectful				
Behaves well to allow for a good learning experience				
Comes to class properly equipped and ready to learn				
Comes to class on time				
Shows respect for the opinions of others				

<b>Effective Contributor</b>	<b>Always</b>	<b>Usually</b>	<b>Sometimes</b>	<b>Rarely</b>
Contributes well to discussions and activities				
Works well with others				
Shows initiative and leadership skills				
Shares knowledge and experiences with others				
Shows respect for the knowledge and experiences of others				

## Pupil Evaluation of Report

Name \_\_\_\_\_

Class \_\_\_\_\_

What am I pleased with in my report?

What do I need to change?

Why do I need to change this?

What will help me to change?

Signature of pupil \_\_\_\_\_

What will the consequences be for me if I do not improve my report?

--

What will the consequences be if I improve my report?

--

Support teacher comments

--

Signature of support teacher \_\_\_\_\_

### Agreed Action Plan

Desired Outcomes	How this will be achieved	Resources and supports

