

Core Competencies “I can” Statements Aligned to Inclusive Lenses

	Personal Purpose		Social Purpose			Intellectual/Learning Purpose	
	Personal & Social Competencies			Communication Competencies		Thinking Competencies	
	Personal Awareness & Responsibility	Positive Personal & Cultural Identity	Social Awareness & Responsibility	Collaboration	Communication	Critical & Reflective Thinking	Creative Thinking
Profile One	PAR1 a) I can show a sense of accomplishment and joy PAR 1b) I can express needs and wants and preferences PAR 1c) I can recognize my emotions	PPC 1a) I am aware of myself as different from others PPC 1b) I know my name PPC 1c) I am aware of my family and/or my caregivers	SAR 1a) I am aware of others in my surroundings SAR 1b) I can have fun with my family and friends SAR1c) I can help and be kind SAR1d) I can tell if someone is sad or angry and try to make them feel better SAR1e) I am aware that other people can be different than me	COL 1a) I can participate with others	COM 1a) I can respond meaningfully to communication from peers and adults	CRI 1a) I can get ideas when I play CRI 1b) I can get ideas when I use my senses to explore CRT 1c) I can have fun when I use my ideas to play CRT 1d) I can make my ideas work and/or I can change my what I am doing	CRE 1a) I can explore using materials and/or actions CRE 1b) I can explore and communicate whether I like something or not
Profile 2	PAR 2a) I can feel happy and proud PAR 2b) I know and can seek out experiences that make me feel happy and proud PAR 2b) I can celebrate my efforts and accomplishments PAR 2c) I can use strategies to help me manage my feelings and emotions PAR 2d) I can give evidence of my learning PAR 2e) I can recognize and/or explain my role in learning activities PAR 2f) I can participate in activities that support my wellbeing PAR 2g) I can describe how specific choices can affect my wellbeing	PPC 2a) I can identify my attributes PPC 2b) I can identify objects or images that represent me or things that are important to me PPC 2c) I can explain what I like and dislike and why PPC 2d) I can describe my family, home and/or community	SAR 2a) I can build relationships SAR 2b) I can work and play cooperatively SAR 2c) I can participate in activities to care for and improve my social and physical surroundings SAR 2d) I can use materials respectfully SAR 2e) I can solve problems myself and ask for help when I need it SAR 2f) I can listen to others' ideas and concerns SAR 2g) I can be part of a group and invite others to join SAR 2h) I can identify when something is unfair to me or others	COL 2a) I can contribute in group activities COL 2b) I can cooperate with others COL 2c) I can listen respectfully to other people's ideas COL 2d) I can work with others for a specific purpose	COM2a) I can communicate and listen to peers and adults by talking COM 2b) I can communicate for a purpose COM 2c) I can communicate information about topics that are important to me COM 2d) I can answer simple and direct questions about my experiences	CRT 2a) I can ask questions CRT 2b) I can make predictions CRT 2c) I can use my senses to gather information CRT 2d) I can explore with a purpose and use what I learn CRT 2e) I can communicate something about my thinking CRT 2f) I can contribute to and/or use criteria CRT 2g) I can find evidence CRT 2h) I can make a judgment based on evidence CRT 2i) I can reflect on my work and experiences and communicate to others what I learned	CRE 2a) I can have fun with my ideas CRE 2b) I can get new ideas to create new things and/or solve a problem CRE 2c) I can use my imagination to get new ideas, build onto other people's ideas, and/or combine my ideas with others in new ways CRE 2d) I can make my ideas work when there is a constraint of a form, problem or materials
Profile 3	PAR 3a) I can take action to meet my wants and needs and/or joy and satisfaction PAR 3b) I can work towards a goal and/or solving a problem PAR 3c) I can use strategies to increase my feeling of well-being and help me manage my feelings and emotions PAR 3d) I can connect my actions with both positive and negative consequences and can make adjustments PAR 3e) I can accept feedback PAR 3f) I can make decisions about my activities and take responsibility for my physical and emotional well-being	PPC 3a) I can identify my individual characteristics PPC 3b) I can explain what interests me PPC 3c) I can describe different groups that I belong to	SAR 3a) I can build and sustain relationships SAR 3b) I can share my feelings in my relationships SAR 3c) I can contribute to group activities that make my classrooms, school, community and/or natural world a better place SAR 3d) I can consider different perspectives of an issue, clarify problems, consider alternatives and evaluate strategies SAR 3e) I can demonstrate respectful and inclusive behaviour with people I know Sar 3f) I can explain why something is fair or unfair	COL 3a) I can take on different roles and task in the group and work respectfully and safely in our shared space COL 3b) I can express my ideas and help others feel comfortable to share theirs so that all voices feel included COL 3d) I can work with others to achieve a common goal and can evaluate our group processes and results	COM 3a) I can participate in conversations for a variety of purposes COM 3b) I can listen and respond to others COM 3c) I can consider my purpose when I am choosing a form and content COM 3d) I can communicate clearly about topics that I know and understand well, using forms and strategies I have practices COM 3e) I can gather the information I need and present it	CRT 3a) I can ask open-ended questions, explore and gather information CRT 3b) I can experiment purposefully to develop options I can contribute to and use criteria CRT 3c) I can describe my thinking and how it is changing CRT 3d) I can use observations, experiences and my imagination to draw conclusions, make judgements and/or ask new questions CRT 3e) I can establish goals individually with others CRT 3f) I can connect my learning with my experiences, efforts and goals CRT 3g) I can give and receive constructive feedback	CRE 3a) I can generate new ideas as I pursue my interests CRE 3a) I can deliberately learn a lot about something by doing research, talking to others, or practicing so that I can generate new ideas about it CRE 3a) I can build skills I need to make my ideas work, and I usually succeed, even if it takes a few tried CRE 3a)
Profile 4	PAR 4a) I can accept myself PAR 4b) I can recognize my strengths & stretches PAR 4b) I can advocate for myself and my ideas PAR 4c) I can engage with ideas and/or information that is challenging for me PAR 4d) I can be focused and determined PAR 4e) I can set goals and use strategies to accomplish them PAR 4f) I can persevere through a challenging task PAR 4g) I can tell when I am getting angry and/or upset or frustrated and I have strategies to calm myself PAR 5h) I can make choices that benefit my well-being and keep me safe in the communities that I belong to	PPC 4a) I can describe and demonstrate pride in my positive qualities, characteristics and/or skills PPC 4b) I can explain why I make specific choices PPC 4c) I can represent aspects of my cultural contexts through words and or images PPC d) I can describe way that I participate in or am connected to a community	SAR 4a) I can build relationships and be a thoughtful and supportive friend SAR 4b) I can identify ways that my actions and the actions of others affect my community and the natural environment SAR 4c) I can look for ways to make my classrooms, school, community, or natural world a better place and identify small things I can do that would make a difference SAR 4d) I can demonstrate respectful and inclusive behaviour in a variety of settings, and I recognize that everyone has something to offer	COL 4a) I can identify and apply roles and strategies to facilitate group work COL 4b) I can draw on past experiences to negotiate and develop group processes COL 4c) I can be an active listener and speaker COL 4d) I can share my ideas and try to connect them with other people's ideas COL 4e) I can ask clarifying questions (about others' ideas) and check for understanding when appropriate COL 4f) I can test my ideas with others and consider their input COL 4g) I can help resolve conflicts and challenges as they arise COL 4h) I can recognize how my contributions and those of others complement each other COL 4i) I can plan with other and adjust out plan according to the group's purpose	COM 4a) I can share my ideas and try and connect them with others' ideas COM 4b) I am an active listener and can make connections COM 4c) I am an active listener ask clarifying and extending questions when appropriate COM 4d) I can plan ways to make my message clear and engaging for my audience COM 4e) I can create communications that focus on a variety of purposes and audiences COM 4f) I can acquire the information that I need for specific tasks and for my own interests and present information clearly	CRT 4a) I can use that I know to observe to identify problems and ask questions CRT 4b) I can explore and engage with materials and sources CRT 4c) I can develop and adapt criteria, check information, assess my thinking and develop reasoned conclusions, judgements and/or plans CRT 4d) I can consider more than one way to proceed and make choices based on my reasoning and what I am trying to do CRT 4e) I can assess my own efforts and experiences and identify new goals CRT 4f) I can give, receive and act on constructive feedback	CRE 4a) I can get ideas that are new to my peers CRE 4b) I can use my creative ideas to express myself CRE 4c) I can use strategies deliberately for quieting my mind so that I can be creative CRE 4d) I can use my experiences with various steps and attempts to direct my future work

Profile 5	<p>PAR 5a) I can advocate for my rights</p> <p>PAR 5b) I have valuable ideas to share</p> <p>PAR 5c) I can explore controversial issues</p> <p>PAR 5d) I can imagine and work to make change in myself and the world</p> <p>PAR 5e) I can set priorities, implement, monitor and adjust a plan, and assess results</p> <p>PAR 5f) I can take responsibility for my learning, and seek help as I need it</p> <p>PAR 5g) I can use strategies to work towards a healthy and balanced lifestyle, for dealing with emotional challenges and/or for finding peace in stressful time</p> <p>PAR 5h) I can find the social support that I need</p>	<p>PPC 5a) I can describe how my characteristics, qualities, strengths and stretches make me unique and are an important part of the communities I belong to</p> <p>PPC 5b) I can describe how my values influences the choices I make and/or how I present myself in various contexts (including online)</p> <p>PPC 5c) I can explain how I can use my strengths to contribute in my home, school and communities</p>	<p>SAR 5a) I can be aware of how others may feel and take steps to help them feel included</p> <p>SAR 5b) I can maintain relationships with people from different generations</p> <p>SAR 5c) I can work to make positive change in the communities I belong to and the natural environment</p> <p>SAR 5d) I can clarify problem or issues, generate multiple strategies, weigh consequences, compromise to meet the needs of others and evaluate actions</p> <p>SAR 5e) I can value difference</p> <p>SAR 5f) I can appreciate that each person has unique gifts to share</p> <p>SAR 5g) I can use respectful and inclusive language and behaviour (including online)</p> <p>SAR 5h) I can advocate for others</p> <p>SAR 5i) I can make a difference</p>	<p>COL 5a) I can play a role in collectively monitoring the progress of the group and adjust my contributions as needed</p> <p>COL 5b) I can recognize the interdependence of our roles and draw on those to move forward</p> <p>COL 5c) I can ask thought provoking questions and integrate new information, various perspectives from others and think critically about whose voices are missing</p> <p>COL 5d) I can disagree respectfully, anticipate potential conflicts and help manage them when they arise.</p> <p>COL 5e) I can give, receive and act on constructive feedback in support of our goals</p> <p>COL 5f) I can evaluate and revise plans with other group members</p>	<p>COM 5a) I can focus and help build and extend understanding in discussions and conversations</p> <p>COM 5b) I can be an engaged listener and ask thought provoking questions when appropriate</p> <p>COM 5c) I can be an engaged listener and integrate new information from questions asked</p> <p>COM 5d) I can create a wide range of effective communications that feature powerful images and words</p> <p>COM 5e) I can identify ways to change my communications to make them effective for different audiences</p> <p>COM 5f) I can use my understanding of the role and impact of story to engage my audiences in meaning making</p> <p>COM 5g) I can acquire information about complex and specialized topics from various sources</p> <p>COM 5h) I can synthesis information from a variety of sources and present it with a thoughtful analysis</p>	<p>CRT 5a) I can ask questions and offer judgement, conclusions and interpretations supported by evidence I or others have gathered</p> <p>CRT 5b) I can be flexible and open minded</p> <p>CRT 5c) I can explain more than one perspective and consider implication</p> <p>CRT 5a) I can gather, select, evaluate and synthesize information</p> <p>CRT 5a) I can consider alternative approaches and make strategic choices</p> <p>CRT 5a) I can take risks and recognize that I may not be immediately successful</p> <p>CRT 5a) I can examine my thinking, seek feedback, reassess my work and adjust</p> <p>CRT 5a) I can represent my learning and my goals and connect these with my previous experiences</p> <p>CRT 5a) I can accept constructive feedback and use it to move forward</p>	<p>CRE 5a) I can get new ideas that are innovative, that I may not have seen before and that has an impact on my peers and community</p> <p>CRE 5b) I can have interests and passions that I pursue over time</p> <p>CRE 5c) I can look for new perspectives, new problems or new approaches</p> <p>CRE 5d) I can take significant risks in my thinking in order to generate lots of ideas</p> <p>CRE 5e) I can accept ambiguity, setbacks and failure and I use them to advance the development of my ideas</p>
Profile 6	<p>PAR 6a) I am aware of my personal journey</p> <p>PAR 6b) I can reflect on my experiences as a way of enhancing my well-being and dealing with challenges</p> <p>PAR 6c) I can advocate for myself in stressful situations</p> <p>PAR 6d) I can take initiative to inform myself about controversial issues and take an ethical position</p> <p>PAR 6e) I can take ownership of my goals, learning and behaviour</p> <p>PAR 6f) I can act on what is best over time, in terms of my goals and aspirations</p> <p>PAR 6g) I can recognize the implications of my choices and consult with others who may be affected by my decisions</p> <p>PAR 6h) I can identify my potential as a leader in the communities that I belong to</p> <p>PAR 6i) I can sustain a healthy and balanced lifestyle</p>	<p>PPC 6a) I can identify how my strengths can help me to meet challenges and how meeting challenges can be opportunities for growth</p> <p>PPC 6b) I can continue to develop new skills, abilities and strengths</p> <p>PPC 6c) I can describe how aspects of my life experiences, family history, background and where I live (or have lived) influence my values and choices</p> <p>PPC 6d) I know that my learning is continuous, my concept of self and identity will continue to evolve, and my life experiences may lead me to identify with new communities, people and/or places</p>	<p>SAR 6a) I can build sustain positive relationships with diverse people, including people from different generations (and culture, race, language, religion, ability, gender, sexuality etc.)</p> <p>SAR 6b) I can show empathy with others and adjust my behaviour to accommodate their needs</p> <p>SAR 6c) I can advocate and take thoughtful actions to influence positive, sustainable change in my communities and in the natural world</p> <p>SAR 6d) I can analyze complex social or environmental issues from multiple perspectives and understand how I am situated in types of privilege</p> <p>SAR 6e) I can act to support diversity and defend human rights</p> <p>SAR 6f) I can identify how diversity is beneficial for the communities that I belong to</p>	<p>COL 6a) I can step outside my comfort zone to develop working relationships with unfamiliar groups</p> <p>COL 6b) I can develop and coordinate networking partnerships beyond and in service of the group</p> <p>COL 6c) I can demonstrate my commitment to the groups purpose by taking on different roles as needed</p> <p>COL 6d) I can acknowledge different perspectives and see out and create space for missing or marginalized voices</p> <p>COL 6e) I can summarize key themes to identify commonalities and focus on deepening or transforming our collective thinking and actions</p> <p>COL 6f) I can recognize when wisdom and strategies from others are needed and access these to address complex goals</p> <p>COL 6g) I can help create connections with other groups or networks to further our common goals and our impact</p>	<p>COM 6a) I can contribute purposefully to discussions and conversations</p> <p>COM 6b) I can synthesize, deepen and transform my own and others' thinking</p> <p>COM 6c) I can weave multiple messages into my communications and I understand that my audience will use their own knowledge and experiences in making meaning</p> <p>COM 6d) I can show understanding and control of the forms and technologies that I use</p> <p>COM 6e) I can assess audience response and draw on a repertoire of strategies to increase my intended impact</p> <p>COM 6f) I can acquire, critically analyze and integrate well-chosen information from a range of sources</p>	<p>CRT 6a) I can determine my own framework and criteria for tasks that involve critical thinking</p> <p>CRT 6b) I can compile evidence and draw reasoned conclusions</p> <p>CRT 6c) I can consider perspectives that do not fit with my understandings</p> <p>CRT 6d) I can be open minded and patient, taking time to explore, discover and understand</p> <p>CRT 6e) I can make choices that will help me create my intended impact on an audience or situation</p> <p>CRT 6f) I can place my work and that of others in a broader context</p> <p>CRT 6g) I can connect my results of my inquiries and analyses with action</p> <p>CRT 6h) I can articulate a keen awareness of my strengths, my aspirations and how my experiences and context affect my frameworks and criteria</p> <p>CRT 6i) I can offer detailed analysis, using specific terminology of my progress work and goals</p>	<p>CRE 6a) I can get ideas that are groundbreaking or disruptive and can develop them to form a body of work over time that has an impact in my community or beyond</p> <p>CRE 6b) I can challenge assumptions as a matter of course and have deliberate strategies for getting new ideas intuitively</p> <p>CRE 6c) I can have strong commitment to a personal aesthetic and values and the inner motivation to persevere over years if necessary, to develop my ideas</p>