

Positive Personal and Cultural Identity Competency Self-Assessment

Name _____ Date _____

Teacher _____ Grade _____

Positive Personal and Cultural Identity – Bear is our great protector. Míx alh (“may-hoth” – black bear) teaches us to reflect on our feelings and find balance with rest. Through the Black Bear, we can learn to nurture our own personal well-being by valuing ourselves and our accomplishments; understanding our feelings and making good choices that demonstrate respect for ourselves and others. (NVSD Indigenous Education Team)

Planning My Learning

Please select 2-3 specific “I Can” Personal Social Competency statements that you will explore:	Please select 2 First Peoples Principles of Learning that you will explore:
I am aware of myself as different from others.	Learning ultimately supports the well-being of the self, the family, the community, the land, the spirits, and the ancestors
I am aware of different aspects of myself.	Learning is holistic, reflexive, reflective, experiential, and relational (focused on connectedness on reciprocal relationships, and a sense of place)
I can identify people, places, and things that are important to me.	Learning involves recognizing the consequences of one's actions
I can describe different aspects of my identity.	Learning involves generational roles and responsibilities
I have pride in who I am. I can understand that I am part of larger communities.	Learning recognizes the role of indigenous knowledge
I can understand that my identity is influenced by many aspects of my life.	Learning is embedded in memory, history, and story
I am aware that my values shape my choices and contribute to making me a unique individual.	Learning involves patience and time
I can identify how my life experiences have contributed to who I am	Learning requires exploration of one's identity
I can recognize the continuous and evolving nature of my identity	Learning involves recognizing that some knowledge is sacred and only shared with permission and/or in certain situations

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Reflecting on My Learning

Description of my lessons/activities/projects:
What did I learn?

<p>Use the two stars and a goal to explain two things you are proud of in your learning and one thing you would like to do better.</p> <p>For younger students, an adult can help you write your two stars and a goal, then you can circle the appropriate check-box.</p> <p><i>(You can use "I Can" Statements on pg. 2 "Planning Your Learning" for guidance.)</i></p>	<input checked="" type="checkbox"/> = I can do it with some help	<input checked="" type="checkbox"/> = I am learning to do it by myself	<input checked="" type="checkbox"/> = I can do it with confidence
	How I am already like Sḱełáw' (Beaver):		<input type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
	How I am already like Sḱełáw' (Beaver):		<input type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
	How I could be more like Sḱełáw' (Beaver):		