











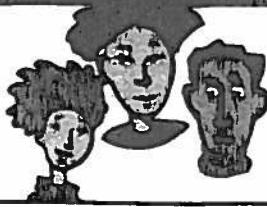
# YOUR SKILLS



## FREE TIME AT HOME

Instructions: Check off the activities you do and the skills you use. QUIZ: DISCOVER YOUR SKILLS

FREE TIME AT HOME	SKILLS I HAVE LEARNED
<input type="checkbox"/> <b>MUSIC</b> singing, playing an instrument, creating songs, listening to the radio	<ul style="list-style-type: none"> <li>entertain others, express feelings, listen intently, create something new, express thoughts and moods, enjoy self, use fractions and numbers</li> </ul> 
<input type="checkbox"/> <b>BUILDING THINGS</b>	<ul style="list-style-type: none"> <li>organize materials, plan project, be accurate, follow directions, complete project, measure, estimate size</li> </ul> 
<input type="checkbox"/> <b>FRIENDS</b> hanging out with friends	<ul style="list-style-type: none"> <li>be sensitive to others' feelings, interact with people, show respect for others, listen, give and receive advice, keep secrets responsibly, be responsible for own actions</li> </ul> 
<input type="checkbox"/> <b>COMPUTERS</b> surf the Internet, play games, create projects	<ul style="list-style-type: none"> <li>be curious, program a computer, analyze information, type, teach others, search for information</li> </ul> 
<input type="checkbox"/> <b>PLAYING VIDEO GAMES</b>	<ul style="list-style-type: none"> <li>learn patterns and programs, solve problems, enjoy self, be curious, co-ordinate hand and eye movement, keep track of score, position and time</li> </ul> 
<input type="checkbox"/> <b>SHOPPING AND SPENDING MONEY</b>	<ul style="list-style-type: none"> <li>estimate costs, budget money, make decisions, evaluate choices, compare products, add tax, calculate percentage and fraction discounts</li> </ul> 
<input type="checkbox"/> <b>SPORTS/ACTIVITIES</b> swimming, fishing, boating, skateboarding, taking walks, basketball, soccer, skating, tennis, biking, hockey, skipping, roller blading, running, lacrosse, horseback riding, windsurfing, ping-pong, snowboarding, skiing, water skiing	<ul style="list-style-type: none"> <li>deal with pressure, lead others, be physically active, be determined and committed, concentrate, know role as team member, follow, take and give directions, keep track of statistics, distances, scores and speed</li> </ul> 
<input type="checkbox"/>	<ul style="list-style-type: none"> <li></li> </ul> 













# YOUR SKILLS



## WORK AT HOME

Instructions: Check off the activities you do and the skills you use. QUIZ: DISCOVER YOUR SKILLS

WORK AT HOME	SKILLS I HAVE LEARNED
<input type="checkbox"/> MAKING MY BED	<ul style="list-style-type: none"> <li>● be responsible, motivate self, clean up after self, create a routine, perform routine tasks</li> </ul> 
<input type="checkbox"/> VACUUMING	<ul style="list-style-type: none"> <li>● work hard, be observant and thorough, put things away when done</li> </ul> 
<input type="checkbox"/> CLEANING UP MY STUFF	<ul style="list-style-type: none"> <li>● be responsible for own things, organize and sort objects, shapes and spaces, be neat and organized, put things in order</li> </ul> 
<input type="checkbox"/> DOING THE DISHES washing, drying, loading and unloading the dishwasher	<ul style="list-style-type: none"> <li>● be responsible, motivate self, help others, contribute to group</li> </ul> 
<input type="checkbox"/> DOING THE LAUNDRY	<ul style="list-style-type: none"> <li>● organize time, follow directions, read labels, charts and tables, sort things, complete tasks, be independent, measure soap, estimate time, estimate water level ratio</li> </ul> 
<input type="checkbox"/> MOWING	<ul style="list-style-type: none"> <li>● operate machinery safely, work hard physically, respect others, perform quality work, compare time to distance</li> </ul> 
<input type="checkbox"/> BABYSITTING taking care of children	<ul style="list-style-type: none"> <li>● be responsible and accountable, be gentle and caring, schedule own time and time of others, follow instructions, memorize telephone numbers, practice first aid, interact with others, calculate money earned</li> </ul> 
<input type="checkbox"/> DOING MY HOMEWORK	<ul style="list-style-type: none"> <li>● manage stress, schedule own time, plan, motivate self, discipline self, focus on task, ignore distractions</li> </ul> 
<input type="checkbox"/> TAKING TELEPHONE MESSAGES	<ul style="list-style-type: none"> <li>● summarize and record information, ask questions, spell names correctly, listen carefully, memorize numbers, recognize number patterns</li> </ul> 
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>●</li> </ul> 



# YOUR SKILLS



## SCHOOL SUBJECTS

Instructions: Check off the activities you do and the skills you use. QUIZ: DISCOVER YOUR SKILLS

SCHOOL SUBJECTS	SKILLS I HAVE LEARNED	
<input type="checkbox"/> <b>P.E. (GYM)</b> field hockey, lacrosse, basketball, volleyball, fitness test, wrestling	<ul style="list-style-type: none"> <li>work in a team, compete fairly, co-ordinate mind-to-body movements, assess and react quickly to situations, work hard physically, analyze scores and fitness test results</li> </ul>	
<input type="checkbox"/> <b>COMPUTERS</b> typing tests, using software programs, using the Internet, helping others with computer problems	<ul style="list-style-type: none"> <li>type quickly and accurately, co-ordinate eye-hand movements, learn and use software programs, trouble shoot and solve problems, search for information, compare available hard drive space and size of files to be saved</li> </ul>	
<input type="checkbox"/> <b>DESIGN &amp; TECHNOLOGY</b> construction, design, model building, using tools	<ul style="list-style-type: none"> <li>plan a project, estimate amount of materials needed, follow directions, use tools safely, do precision work, use measurements and ratios, recognize patterns and shapes, create things from own ideas</li> </ul>	
<input type="checkbox"/> <b>DRAMA</b> role play	<ul style="list-style-type: none"> <li>improvise, dramatize situations, memorize words, rhythms and patterns, use body language, communicate feelings and emotions, perform in front of others, build sets, measure stage, visualize space</li> </ul>	
<input type="checkbox"/> <b>ENGLISH</b> public speaking, reading, debating, creative writing, book reports, essays, stories, poems, spelling, grammar	<ul style="list-style-type: none"> <li>create and express ideas, structure ideas logically, write and speak well, analyze thoughts, combine ideas, use correct spelling and grammar</li> </ul>	
<input type="checkbox"/> <b>MATH</b> problem solving, decimals, percentages, fractions, add, subtract, multiply, divide	<ul style="list-style-type: none"> <li>analyze data, recognize numerical patterns, solve problems, correct mistakes, think abstractly, read graphs and charts, estimate using numbers, measure</li> </ul>	
<input type="checkbox"/> <b>FRENCH</b> novel studies, projects, conversation, grammar, vocabulary, learning songs	<ul style="list-style-type: none"> <li>read, write, and think in another language, learn about another culture, memorize verbs and vocabulary, structure ideas logically</li> </ul>	
<input type="checkbox"/> <b>HEALTH</b> human sexuality, nutrition, stress	<ul style="list-style-type: none"> <li>manage stress, schedule own time, plan, motivate self, discipline self, focus on task, ignore distractions</li> </ul>	
<input type="checkbox"/>	<ul style="list-style-type: none"> <li></li> </ul>	?



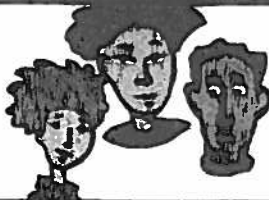
# YOUR SKILLS

## SCHOOL SUBJECTS



Instructions: Check off the activities you do and the skills you use. QUIZ: DISCOVER YOUR SKILLS

SCHOOL SUBJECTS	SKILLS I HAVE LEARNED	
<input type="checkbox"/> <b>MUSIC</b> sing, play a musical instrument, read music, listen to music	<ul style="list-style-type: none"> <li>● sing in tune, compose music, play an instrument, identify rhythms and patterns, entertain and perform in front of others, memorize words and music, apply fractions and numbers to tempo and music</li> </ul>	
<input type="checkbox"/> <b>PROJECTS</b> research, take notes, create a presentation, poster, report	<ul style="list-style-type: none"> <li>● assess and analyze information, find relevant facts, imagine, plan and organize, work in a group, compromise, respect other's ideas, meet deadlines</li> </ul>	
<input type="checkbox"/> <b>GEOMETRY</b> construction, measurement, identify shapes and structures	<ul style="list-style-type: none"> <li>● analyze data, understand and work with numbers, be precise and neat, measure accurately, apply mathematical formulae</li> </ul>	
<input type="checkbox"/> <b>SCIENCE</b> experiment, research, find solutions, scientific theory	<ul style="list-style-type: none"> <li>● explore, predict and observe results, classify reactions, recognize substances, follow instructions, handle substances safely, measure, compare, chart and graph data</li> </ul>	
<input type="checkbox"/> <b>GEOGRAPHY</b> mapping, using atlas, dictionary, construct a plan or project, learn about weather	<ul style="list-style-type: none"> <li>● analyze current events, other countries and cultures, read charts and maps, use numerical estimation, think in numbers and shapes, calculate area, distance and time</li> </ul>	
<input type="checkbox"/> <b>HISTORY</b> Canadian history, watch videos, create projects, read text books	<ul style="list-style-type: none"> <li>● learn from past and apply lessons to present, recognize cause and effect, research, understand dates and periods in time, learn about other cultures</li> </ul>	
<input type="checkbox"/> <b>ART</b> cartooning, drawing, sketching, colouring, painting, sculpting with clay and plaster	<ul style="list-style-type: none"> <li>● express feelings, think imaginatively, pay attention to detail, solve problems, think in three dimensions, interpret and create symbols, use and recognize shapes</li> </ul>	
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>●</li> </ul>	?
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>●</li> </ul>	?












# YOUR SKILLS

## OTHER SCHOOL SUBJECTS



Instructions: Check off the activities you do and the skills you use. QUIZ: DISCOVER YOUR SKILLS

OTHER SCHOOL SUBJECTS	SKILLS I HAVE LEARNED
<input type="checkbox"/> <b>ELECTIVES</b> snowboarding, ping-pong, computers, graphic design, arts and crafts	<ul style="list-style-type: none"> <li>● imagine, explore possibilities, visualize ideas, set and attain goals, work hard physically, learn new things</li> </ul> 
<input type="checkbox"/> <b>EXTRA CURRICULAR/ LEADERSHIP GROUP ACTIVITIES</b> leadership group, sports teams, choir, drama club, work, student council	<ul style="list-style-type: none"> <li>● organize activities, communicate information, work in a group, manage time, lead a group activity, participate in a group activity, respect others</li> </ul> 
<input type="checkbox"/> <b>FIELD TRIPS</b> water park, camping, zoos, museums, theme parks	<ul style="list-style-type: none"> <li>● talk with others, observe, take notes, enjoy self, learn new things, adapt to changing situations, interact with others from diverse backgrounds and experiences</li> </ul> 
<input type="checkbox"/> <b>JOINING CLUBS</b> yearbook committee, environment club, chess club, debate club	<ul style="list-style-type: none"> <li>● arrange or organize social gatherings, interact with others, assign responsibilities, translate ideas into action, express thoughts, budget money</li> </ul> 
<input type="checkbox"/> <b>ASSEMBLIES</b>	<ul style="list-style-type: none"> <li>● discipline self, behave appropriately, follow rules, listen and retain information from a group setting, encourage school spirit</li> </ul> 
<input type="checkbox"/> <b>PIZZA DAY/HOT DOG DAY</b>	<ul style="list-style-type: none"> <li>● estimate costs, fundraise, budget and make change, advise people, plan how food will be delivered and served, enjoy self, estimate number of people and calculate amount of food needed</li> </ul> 
<input type="checkbox"/> <b>LIBRARY</b>	<ul style="list-style-type: none"> <li>● read, research, find information, work quietly and independently, organize and collect information, ask questions, concentrate, keep track of due dates</li> </ul> 
<input type="checkbox"/> <b>LUNCH &amp; RECESS</b>	<ul style="list-style-type: none"> <li>● interact with others, plan time, use proper manners, adapt to changing situations, make friends, stand up for self, respect others from diverse backgrounds and experiences</li> </ul> 
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>●</li> </ul> 



# YOUR SKILLS

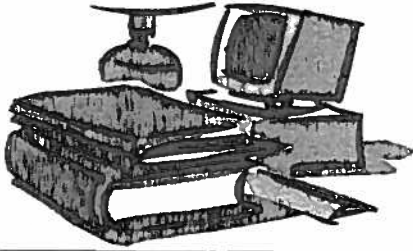


## OTHER SCHOOL SUBJECTS

Instructions: Check off the activities you do and the skills you use. QUIZ: DISCOVER YOUR SKILLS

OTHER SCHOOL SUBJECTS	SKILLS I HAVE LEARNED	
<input type="checkbox"/> <b>SPIRIT DAY</b>	<ul style="list-style-type: none"> <li>participate in a group, motivate self and group, respect others' abilities and feelings, practise safe actions</li> </ul>	
<input type="checkbox"/> <b>SALES</b> popcorn, cookies, cupcakes, raffle tickets	<ul style="list-style-type: none"> <li>organize, be responsible and accountable, budget money, interact with community, convince others to buy, keep track of number sold</li> </ul>	
<input type="checkbox"/> <b>HELPING TEACHER</b> lunch monitor, write on board, run errands, tutor other students	<ul style="list-style-type: none"> <li>be responsible, follow instructions, organize events, deal with people, role model good behaviour, explain to others</li> </ul>	
<input type="checkbox"/> <b>INTRAMURALS</b> sports and games	<ul style="list-style-type: none"> <li>be enthusiastic, co-operate, deal with pressure, keep commitments, enjoy self, work hard physically, encourage team spirit</li> </ul>	
<input type="checkbox"/>	<ul style="list-style-type: none"> <li></li> </ul>	
<input type="checkbox"/>	<ul style="list-style-type: none"> <li></li> </ul>	
<input type="checkbox"/>	<ul style="list-style-type: none"> <li></li> </ul>	

NAME: \_\_\_\_\_



# GROUND SCHOOL

## A DAY IN MY LIFE



### School Afternoon

Activity	Skills

### After School Activities

Activity	Skills

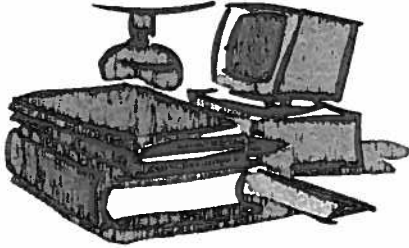
### Reflection questions

What is a skill?

What skills did you use the most today?

What did you learn about yourself?

NAME: \_\_\_\_\_



# GROUND SCHOOL

A DAY IN MY LIFE



Write the activity you do and the skill you are learning when you do that activity.

Getting to School

Activity	Skills
Catch bus	manage time, be responsible

School Morning

Activity	Skills

Lunch Activities

Activity	Skills