

Life Long Learning Skills

Morning

Self-Assessment Guide

Respect

- Did you line up quietly in the correct spot?
- Did you greet your classmates and teacher with a smile and a kind word?
- Did you follow all the rules in the school, classroom and bus? (If you rode one)

Responsibility

- Did you do your homework and have it checked and signed by an adult at home?
- Did you hang up your belongings as close as possible to the wall?
- Did you make sure that you have two sharp pencils to begin the day?

Reflection/Self-Awareness

- When you did your homework, did you think about the quality of your work and try for excellence?
- Did you think about the words to the flag salute or school pledge while you were saying them?
- Have you thought about your goals for today?

Cooperation

- Did you do your homework last night without being reminded more than once?
- Did you show active listening to your classmates as they were greeting you or while correcting homework?
- When correcting homework, were you fair and positive in your comments?

Problem Solving/Decision Making

- When correcting homework, were you nice about any disagreements?
- Did you use good sense in locating your necessary school supplies?
- Did you solve any disagreements you might have had before school without using name-calling or violence?

Independent Work Habits

- Did you do as much of your homework as you could without asking for help?
- Did you do your homework without wasting time daydreaming, watching TV or playing?
- When you finished correcting your homework, did you begin to read quietly?

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Mid-Morning Self-Assessment Guide

Respect

- Did you follow all the rules in the school and classroom during reading?
- Were you kind and empathetic to others during recess?
- Did you follow all the rules during recess?
- Did you line up quietly in the correct spot after recess?

Responsibility

- Did you come back to the classroom as quickly as possible after recess?
- Did you hang up your coat as close as possible to the wall?
- Is your desk still tidy?

Reflection/Self-Awareness

- During reading, did you think about the quality of your work and try for excellence?
- Did you check to see if you needed to use the restroom during recess, and use it if necessary?
- Have you thought about your goals for today?

Cooperation

- If you worked with a partner or group during reading, were you helpful and sharing?
- Did you show active listening to your classmates and teacher during reading?
- Were you pleasant and cooperative with others during recess?

Problem Solving/Decision Making

- If you had a conflict with someone at recess, did you solve the problem without violence or name-calling?
- Did you make a good choice about what to do at recess, making sure that you:
 - Interacted with others?
 - Got some exercise?

Independent Work Habits

- During reading, did you focus on the text and think about the meaning?
- Did you listen to directions during reading and follow them carefully?
- Did you start working on your ADD math right away?

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After Lunch

Self-Assessment Guide

Respect

- Did you follow all the rules in the school and classroom during math?
- Were you kind and empathetic to others during lunch?
- Were you kind and empathetic to others during recess?

Responsibility

- Did you line up quickly and quietly in the correct spot after recess?
- Did you hang up your coat as close as possible to the wall?
- Did you clean up your area in the lunchroom?
- Is your desk still tidy?

Reflection/Self-Awareness

- During math, did you think about the quality of your work and try for excellence?
- Did you check to see if you needed to use the restroom after lunch, and use it if necessary?
- Have you thought again about your goals for today?

Cooperation

- If you worked with a partner or group during math, were you helpful and sharing?
- Did you show active listening to your classmates and teacher during math?
- Were you pleasant and cooperative with others during lunch recess?

Problem Solving/Decision Making

- If you had a conflict with someone at recess, did you solve the problem without violence or name-calling?
- Did you choose healthy foods for lunch?
- Did you make a good choice about what to do at recess, making sure that you:
 - Interacted with others?
 - Got some exercise?

Independent Work Habits

- During math, did you work carefully and quietly, when appropriate?
- Did you listen to directions during math and follow them carefully?
- Did you come in from recess and quickly start cutting out your letters?

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End of the day

Self-Assessment Guide

Respect

- Did you follow all the rules in the school and classroom during Spelling and Social Studies?
- Were you kind and empathetic to others during P.E., Music or Library?
- Did you walk quietly and hold the door for the person behind you, even while unobserved?

Responsibility

- Did you put books back on the shelves properly?
- Did you begin your reading journal correctly before you began to read?
- Is your desk still tidy?

Reflection/Self-Awareness

- During reading, did you set a goal for yourself? (need not be written)
- Did you make sure that you weren't doing anything during silent reading to annoy or distract others?
- Have you thought again about your goals for today?

Cooperation

- Were you helpful while working with your group during Social Studies?
- If you worked with a partner or group during music or P.E., were you helpful and sharing?
- Did you show active listening to your classmates and teacher during P.E., Music or handwriting?

Problem Solving/Decision Making

- Did you work hard to spell all the words, without looking at your neighbor's work?
- If you had a conflict with someone at P.E., Library or Music, did you solve the problem without violence or name-calling?
- Did you make a good choice about what to read, choosing a book that is *slightly* challenging?

Independent Work Habits

- While reading, did you focus on the text and think about the meaning?
- During writing, did you think about the quality of your work, including punctuation and spelling?
- Did you listen to directions during handwriting and follow them carefully?